



MOUNTAINS  
& LAKES  
WORLD OF



*nice surprise*

# SUMMER ACTIV PROGRAM

12.06. – 19.09.2021



KÄRNTEN  
It's my life!

NASSFELD-PRESSEGGER SEE | LESACHTAL | WEISSENSEE



## GUIDELINES FOR MOUNTAIN HIKING GUIDES IN CARINTHIA

### 1.) HEALTHY ON TOUR

The mountain guide and the guests must feel completely healthy at the start of the tour.

### 2.) REDUCE THE READINESS TO TAKE RISKS

Stay well below the guests' personal ability limits when undertaking alpine activities. Consider the additional risks and difficulties involved in rescue operations and the additional strain on hospitals.

### 3.) KEEP DISTANCE

Keep a distance of 2 metres (this is slightly more than 2 arm lengths for an adult) and use a face mask covering mouth and nose if, in exceptional cases, keeping the minimum distance of 2 metres is not possible. The mountain guide must ensure that every guest keeps the safety distance (also during breaks, at the summit etc.) and must be able to keep the whole group within sight (e.g. by choosing a suitable route, with clear rules of conduct on the trail etc.).

### 4.) MOUNTAIN SPORTS ONLY IN SMALL GROUPS

The upper limit is 10 persons per group (1 mountain guide plus 9 guests). Remember that with increasing group size and depending on the difficulty of the tour, it gets more difficult to keep the safety distance and to keep track of the group. Avoid highly frequented tours and places.

### 5.) REFRAIN FROM NORMAL RITUALS

For example, shaking hands, hugs, kiss at the summit, offering a drinking bottle to others, etc.

### 6.) TAKE ALONG FACE MASK AND DISINFECTANT

In addition to the general emergency equipment, face mask and disinfectant should be carried in the rucksack for the time being. The mountain guide must ensure that every guest has a face mask during the tour.

### 7.) FACE MASKS FOR CARPOOLS

In addition, only two passengers may sit in each row of seats (including the driver). Travel by public transport is the preferred option.

### 8.) IN AN EMERGENCY, PROCEED AS ALWAYS

As a first-aider, follow the generally accepted first aid guidelines and use a face mask in addition.

## SUMMER ACTIV PROGRAM

### 12.06. - 19.09.2021

#### DAILY

Lamatrekking  
Family Rafting – The Adventure on the river Gail  
Golf „Pay & Play“

#### MONDAY

Fascination bee and honey in the Erlebnisimkerei Kronhofer  
Geotrail hiking tour „Kronalm“  
Stand up Paddling Course on the Pressegger See  
E-Bike - Mountainbike Tour in the valley  
MTB Basics - Learn & Ride  
Segway Tour  
River Tubing – Adventure on the river Gail

with the +CARD holiday DISCOUNT  
FREE of charge with the +CARD holiday  
FREE of charge with the +CARD holiday  
FREE of charge with the +CARD holiday  
FREE of charge with the +CARD holiday  
with the +CARD holiday DISCOUNT

#### TUESDAY

Taster climbing on the Sonnenalpe Nassfeld  
Guide hiking tour to the Möselalm  
E-Bike Tour – Guggenberg  
Golf taster  
Singletrail Beginners - kids under the age of 16 only  
Singletrail family cours  
Mountain Cart „Double Downhill“

FREE of charge with the +CARD holiday  
FREE of charge with the +CARD holiday  
FREE of charge with the +CARD holiday  
FREE of charge with the +CARD holiday

#### WEDNESDAY

Old town walk in Hermagor  
Guided hiking tour – The lips of Europe - Egger Alm  
Stand up Paddling cours Pressegger See  
Fascination bee and honey in the Erlebnisimkerei Kronhofer  
Golf taster  
**NEW:** YOGA on the mountain with Ulli  
Segway Tour  
River Tubing – Adventure on the river Gail  
„Däumling“ via ferrata – level of difficulty „C“  
Singletrail Basic Kurs

FREE of charge with the +CARD holiday  
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FREE of charge with the +CARD holiday  
with the +CARD holiday DISCOUNT

#### THURSDAY

Gailtaler Almkäse im Reich der Erdgeschichte (ab 08. Juli 2021)  
3-alpine pasture hiking tour along the Karnischen Milchstraße  
“Prevention is better than cure” – identifying and  
gathering wild herbs  
Sunrise hiking tour to the Gartnerkofel  
Biketour Egger Alm  
Singletrail Beginners - kids under the age of 16 only  
Singletrail Family Course

FREE of charge with the +CARD holiday  
  
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FREE of charge with the +CARD holiday

#### FRIDAY

Garnitzen Gorge hiking tour – on the tracks of the geo trail  
Sternbildwanderung – Watschiger Alm - „Kammleitrn“  
Guided Biketour – Bike tour along the Alpe Adria cycle path  
**NEW:** YOGA on the Pressegger See with Ulli  
River Tubing – Adventure on the river Gail  
Segway Tour  
„Däumling“ via ferrata – level of difficulty „C“  
Singletrail Basic Kurs

FREE of charge with the +CARD holiday  
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FREE of charge with the +CARD holiday  
FREE of charge with the +CARD holiday

mit der +CARD holiday ermäßigt



## LAMATREKKING



Time and meeting point will be arranged at registration!

A guided hike with llamas. An experienced llama guide leads and instructs the participants. The llamas are led on a leash and, depending on the duration of the tour, also wear pack saddles.

**NOTE:** Children under the age of 10 must be accompanied by an adult!

**DETAILS:** [www.lamaland.at](http://www.lamaland.at)

**PRICE:** € 17,00 per Person per hour, with the **+CARD holiday reduced**

**REGISTRATION:** Bookable daily  
Fam. Eichhorn  
9620 Neudorf 25  
Tel. +43 (0) 676 661 72 50





## GOLF „PAY & PLAY“



Appointment by telephone arrangement!

Do you enjoy games, sports and nature? Then a day at the Nassfeld Golf course in Waidegg is well worth it. Simply come, pay the daily fee and play on the public 6-hole

**PRICE:** € 25,00 per person, with the **+CARD holiday reduced**

**REGISTRATION:** Bookable daily  
Golfanlage Nassfeld Golf,  
9631 Waidegg 66  
Tel. +43(0) 4284 20111





## FAMILIENRAFTING – THE ADVENTURE ON THE RIVER GAIL



Time and meeting point will be arranged at registration!  
(til 03. september 2021)

A rafting tour is an unforgettable experience and an adventure for the whole family. Because here it becomes clear: we are all in the same boat. So it's all about paddling together and surviving magnificent waves and small rapids. But don't worry! Children as young as 4 can join the family rafting tour. Experienced rafting guides ensure high safety

**DURATION:** about 1 - 1,5 hours

**EQUIPMENT:** Equipment such as wetsuits, life jackets & helmets are provided!  
Please put on swimwear & sunscreen beforehand!  
(No changing room on site!)

**PRICE:** € 34,00 per adult, with the **+CARD holiday reduced** € 24,00  
€ 29,00 per child, with the **+CARD holiday reduced** € 22,50

**REGISTRAION:** Bookable daily - Pre-registration required!  
Rafting Carnica // Kühwegboden 10 // 9620 Hermagor  
Tel. +43 (0) 664 510 18 18





MONDAY

## FASCINATION BEE AND HONEY IN THE ERLEBNISIMKEREI KRONHOFER

(from 23. may – 15. september 2021)



**9 am** Erlebnisimkerei Kronhofer  
(9620 Mitschig 9)

**DURATION:** about 2 hours

Bees are small but all the more fascinating creatures that give us a sweet and, on top of that, particularly healthy treasure with their liquid gold. If you want to learn more about them and their incredible achievements and abilities, you should set out for a morning at the open beehive! Here you can witness how the bees bring the nectar from the flowers into the honeycombs of the beehive and turn it into delicious honey. After the visit to the bees, the honey is extracted and you can taste the unique flavour of fresh honey over breakfast. You can also taste other types of honey, such as dandelion, alpine rose or forest honey, as well as other bee products such as pollen, propolis and bear catch! Incl. small honey gift!

**PRICE:** € 12,00 per adult, with the **+CARD holiday reduced** € 7,00  
€ 6,00 per child, with the **+CARD holiday reduced** € 3,50

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Presssegger See  
[info@nassfeld.at](mailto:info@nassfeld.at) // Tel. +43 (0) 4285 8241



MONDAY

## GEOTRAIL HIKING TOUR „KRONALM“



9 am  
10.15 am

Lower terminus Millennium-Express  
Talstation Gartnerkofel Sesselbahn

**DURATION:** about 4-5 hours

**NOTE:** children from 8 years

Discover the traces of times long past along the geotrail on former seabeds: This is what the "Kronalm" hike promises. Because around 300 million years ago, the Nassfeld area was in the immediate coastal area of a sea. Fossil-rich limestones formed in the shallow water, and near the coast rivers deposited sands and gravels that solidified over time. Sea-level fluctuations led to an alternating sequence of the aforementioned rocks around the Auernig. It reaches a thickness of 600 - 800 m and is called the Auernig Formation. Its numerous fossil sea creatures and rocks can be explored along the Geotrail. The best way is together with our hiking guide Georg. He sets off from the Gartnerkofel chairlift mountain station in the direction of the Garnitzenalm and on to the Garnitzenberg (1,960 m). From here you walk from the Kronalm via the Ofenalm and Auernigalm back to the Nassfeldpass. After the tour there is the possibility to stop for a bite to eat with our Italian neighbours.

**EQUIPMENT:** Mountain boots, hiking clothing, weather protection, snack and drinks

**PRICE:** € 10,00 per person, FREE of charge with the **+CARD holiday**

**REGISTRATION:** The day before until 4 pm!  
Info- und Servicecenter Nassfeld-Pressegger See  
[info@nassfeld.at](mailto:info@nassfeld.at) // Tel. +43 (0) 4285 8241

## STAND UP PADDLING COURSES - PRESSEGGER SEE



10.30 am

SUP-Center Strandbad Pressegger See **DURATION:** about 1,5 hours

**NOTE:** children from 8 years – children must be able to swim!

Wonderful deceleration. Enjoy the peace and quiet in the middle of the lake and the view of a fantastic mountain world. Or head for secluded spots and simply leave everything behind. Stand up paddling is the perfect combination of deceleration, enjoyment of nature and a real dose of strength and training. And anyone can do it without any previous experience. At the Stand up Paddling Course at Lake Pressegger See, after a short introductory phase, you'll be on the water in 20 minutes and enjoying the relaxed glide amidst a beautiful panorama. Here you will learn everything you need for your perfect SUP experience in one hour.

Introduction to the SUP technique by a licensed instructor! Practical part on the water incl. SUP

**PRICE SUP-COURS:** € 30,00- per person incl. SUP, FREE of charge with the **+CARD holiday**

**PRICE SUP RENTAL:** € 11,00 (with out course), with the **+CARD holiday reduced**

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
[info@nassfeld.at](mailto:info@nassfeld.at) // Tel. +43 (0) 4285 8241



MONDAY

## E-BIKE MOUNTAINBIKE TOUR IN THE VALEY



9.30 am

lower terminus Millennium-Express

**DURATION:** about 5 hours

**NOTE:**

**ROUTE:** 40 km

**ASCENT:** 500 hm

Medium-difficulty e-bike tour through the beautiful Gailtal valley. Where exactly are we going this time? Let us surprise you! The route will be announced on site. But one thing is for sure: the tour will take you through beautiful forests, meadows and over mountains back to the starting point.

**EQUIPMENT:** Helmet compulsory, sports shoes, cycling clothing, weather protection, sun protection, Rucksack with snack and drinks

**PRICE:** € 10,00 per person, FREE of charge with the **+CARD holiday**

E-bike rental possible on site - please book 1 day in advance. -  
Tel. +43 (0) 4285 7100

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
[info@nassfeld.at](mailto:info@nassfeld.at) // Tel. +43 (0) 4285 8241

## MTB BASICS - LEARN & RIDE



10 am

Sölle Sport Tröpolach  
(lower terminus Millennium-Express)

**DURATION:** about 2 hours

**NOTE:**

Children from 10 - 14 years only in company of an adult!  
Disclaimer must be signed by a parent.

You are a mountain bike beginner or already have some MTB experience? Would you like to learn the basics properly in order to increase your safety and riding fun? Then learn how to master your mountain bike together with us!

Our MTB ROUTE "Learn & Ride" combines a one-hour riding technique training in the practice area and on the "pump track". Then it's off into the open countryside, where you can try out what you've learned under the guidance of your trainer.

**EQUIPMENT:** Helmet compulsory, good shoes, suitable clothing, weather protection, sun protection, snacks, drinks!


**PRICE:** € 39,00 per person, FREE of charge with the **+CARD holiday**  
MTB rental incl. helmet possible on site!

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
[info@nassfeld.at](mailto:info@nassfeld.at) // Tel. +43 (0) 4285 8241



MONDAY

## SEGWAY TOUR

	3 pm	Base Camp – Tröpolach (Hotel Falkensteiner Carinzia)	<b>DURATION:</b> about 1 hours
<b>NOTE:</b>	children from 12 years (mind. 42 kg)		


You lean forward and already feel a unique riding sensation that is simply fun. After a detailed briefing, we start on asphalt to get used to the equipment. Then we set off on a little journey over the gravel, along the cycle path into the countryside and around Tröpolach. Action is pre-programmed! Suitable for young people and adults.

**EQUIPMENT:** Sports shoes, weather protection (jacket), sun protection, sunglasses.

**PRICE:** € 45,00 per adult, with the **+CARD holiday reduced** € 36,00  
€ 40,00 per child, with the **+CARD holiday reduced** € 32,00

**REGISTRATION:** The day before until 4 pm!  
Sportfabrik Koller & Eder GesbR  
Tel. +43 (0) 677 620 13 179

## RIVER TUBING – ADVENTURE ON THE RIVER GAIL

	2.30 pm	Tröpolach – Gailbrücke	<b>DURATION:</b> about 2 hours (ca. 1 hour in the water)
<b>NOTE:</b>	Children from 8 - 12 years only with an accompanying adult! Don't forget your swimwear!		

Equipped with a neoprene suit, life jacket and helmet, we will float down the Gail River during RIVER TUBING. Rapids and white water swimming promise not only cooling on hot summer days, but also lots of fun!

We use a special inflatable ring with a stable seat net and handholds, which is also perfect for children. Let yourself drift, enjoy nature and experience an adventure together that offers the highest level of safety - all this is perfectly possible on the route from Tröpolach to Postran.

**PRICE:** € 28,00 per adult  
€ 22,00 per child til 15 years!

**REGISTRATION:** Sölle Sport – Tröpolach  
Tel. +43 (0) 4285 7100





TUESDAY

### TASTER CLIMBING - PLATTNERFELS ON THE SONNENALPE NASSFELD



10 am in the climbing garden Nassfeld

DURATION: about 2 hours

**NOTE:**

Children from the age of 8 accompanied by a caregiver who actively takes part in the programme! No fear of heights and no fear of giddiness!

Route to the climbing garden - car park opposite Almhofel Kärnten on the Nassfeld - see sign - approx. 15 minutes from the car park to the climbing garden!

Nowhere else can you get closer to the fascination of rock. You get such views and vistas. And you learn to trust your abilities. It is no wonder that climbing has experienced a real boom in recent years. If you want to get to know the variety of climbing for yourself, a taster session at Plattnerfels is the perfect place to start. The first steps and holds may still be uncertain. But the fun on the climbing wall is indescribable right from the start. You climb up the "Plattnerfels" on the Sonnenalpe Nassfeld, secured (top-rope) by an experienced climbing guide, climb up a short via ferrata and abseil down again.

PRICE: € 45,00 per person, FREE of charge with the **+CARD holiday**

Guided by a state-certified mountain & ski guide!

EQUIPMENT: Good footwear - trainers or hiking boots and clothing  
Rental equipment (harness, helmet, via ferrata set) is available on site!

REGISTRATION: The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Presssegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241



TUESDAY

## LEISURELY ALPINE PASTURE HIKING TOUR - MÖSELALM



10 am Gemeindeamt Weißbriach

**DURATION:** about 4 - 5 hours

**NOTE:** ROUTE: 10 km  
children from 8 years!

**ASCENT:** about 400 hm

A beautiful hiking experience for the whole family! On the way to the Möselalm you have wonderful views of the Gitschtal valley. Once you have reached the top, Bernhard, the innkeeper, welcomes you with his specialities. Whether it's a hearty Brettl snack with cheese, bacon and sausages or a fluffy Kaiserschmarren and a glass of Zirben schnapps - stopping here is a must.

**EQUIPMENT:** Mountain boots, hiking clothes, weather protection, sun protection, rucksack with snack and drinks!

**PRICE:** € 10,00 per person, FREE of charge with the **+CARD holiday**

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241

## E-BIKE TOUR GUGGENBERG



9.30 am

Base Camp - Tröpolach  
(Hotel Falkensteiner Carinzia)

**DURATION:** about 4 hours

**NOTE:** ROUTE: 28,9 km

**ASCENT:** about 630 hm

It is the local mountain of Hermagor and famous for its magnificent view far over the Gailtal valley and the unique panorama of the Carnic Alps that you can enjoy from up here: The Guggenberg is ideal for an e-bike tour because it offers enough variety between asphalt roads, gravel paths and short passages along a forest path for cycling fans. The way back leads via the small mountain village of Kreuth to Rattendorf and from there in the valley back to the starting point.

**EQUIPMENT:** Helmet compulsory, sports shoes, cycling clothing, weather protection, sun protection, rucksack with snack and drinks!

**PRICE:** € 35,00 per person, FREE of charge with the **+CARD holiday**

**REGISTRATION:** The day before until 4 pm!  
Sportfabrik Koller & Eder GesbR  
Tel. +43 (0) 677 / 620 13 179

TUESDAY

## GOLF TASTER


	3 pm	Golfanlage Nassfeld Golf	<b>DURATION:</b> about 1 hours
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Try out and get to know all aspects of golf! No experience is necessary!

**PRICE:** € 15,00 per person, FREE of charge with the **+CARD holiday**

**REGISTRATION:** Golfanlage Nassfeld Golf  
9631 Waidegg 66  
Tel. +43 (0) 4284 20111

## SINGLETRAIL BEGINNERS - KIDS ONLY til 15,99 YEARS

	9.45 am	Sölle Sport Shop Nassfeld (lower terminus Madritschen chairlift)	<b>DURATION:</b> about 2 hours
<b>NOTE:</b>	Children from 8 years up to max. 15.99 years - minimum height of 130 cm A disclaimer <b>MUST</b> be signed by a parent!		

It's faster, safer and easier to go downhill with the right downhill technique!

You already feel pretty fit on the bike and have already mastered a few tours and metres of altitude, but would like to gain even more safety on the bike? Do you sometimes feel a bit queasy, especially when riding downhill? Roots and rough, stony, steep paths throw you off balance? Then you've come to the right place... because that can be changed!

This course is specially designed for children and young people! Age-appropriate material and suitable practice trails are carefully selected.

**EQUIPMENT:** Sturdy shoes, suitable clothing  
Freeride bike, protector and helmet are included during the course!

**PRICE:** € 69,00 per person incl. bike, protector and helmet!

Valid lift ticket for the ascent - Start Flow Trail (is not included in the price!)

With the **+CARD holiday** the use of the summer mountain railways is free!

**REGISTRATION:** Sölle Sport - Tröpolach  
Tel. +43 (0) 4285 / 7100



TUESDAY

## SINGLETRAIL FAMILY COURSE



1.45 am

Sölle Sport Shop Nassfeld  
(lower terminus Madritschen chairlift)

**DURATION:** about 2 hours

**NOTE:**

Children from 8 years - minimum height of 130 cm  
A disclaimer **MUST** be signed by a parent!

Shred trails together with the kids and work on your skills! If you're into that, this is the right course for the whole family!

Because it's faster, safer and easier to go downhill with the right downhill technique! If you already feel pretty fit on the bike and have already mastered a few tours and metres in altitude, but would like to gain even more confidence on the bike, this is the right way to go! Here we specifically train downhill riding as well as mastering roots and rough, stony, steep paths. After that, you won't lose your balance so quickly.

**EQUIPMENT:** Sturdy shoes, suitable clothing!  
During the ROUTE, freeride bike, protectors and helmet are included!

**PRICE:** € 79,00 per adult from 16 years!  
€ 69,00 per child til 15,99 years!

Valid lift ticket for the ascent - Start Flow Trail (is not included in the price!)  
With the +CARD holiday the use of the summer mountain railways is free!

**REGISTRATION:** Sölle Sport - Tröpolach  
Tel. +43 (0) 4285 7100

## MOUNTAIN CART „DOUBLE DOWNHILL“



9.30 am

Sölle Sport Tressdorfer Alm  
(middle station Millennium-Express)

**DURATION:** about 2 hours

**NOTE:**

Children from 14 years - minimum height of 150 cm

A feeling almost like a go-kart, only on 3 wheels and without an engine. The low centre of gravity and wide wheelbase give you an extraordinary downhill experience. Also comparable to tobogganing, which is becoming increasingly popular in winter. The special construction of the Mountain Cart makes it possible to experience such "tobogganing pleasure" at any time of the year. Great importance was attached to safety in the construction of this vehicle..

**EQUIPMENT:** Sturdy shoes and sunglasses (against the dust), protective overalls and helmets included! You will get an explanation of the rules on the spot!

**PRICE:** € 39,00 per person  
A valid lift ticket is required (not included in the price)!

With the +CARD holiday the use of the summer mountain railways is free!

**REGISTRATION:** Sölle Sport - Tröpolach  
Tel. +43 (0) 4285 7100



WEDNESDAY

## OLD TOWN WALK IN HERMAGOR



9.30 am

Hermagor - entrance catholic church

DURATION: about 2 hours

Hermagor was first mentioned in a document in 1169. Since then, a lot has happened in the former street market. Like the "night watchman" in the past, who knew every nook and cranny and every story, Bernhard Gitschtaler will guide you through the history of today's district capital and its surroundings on this exciting city tour. From its beginnings through the Middle Ages to modern times and the present. A guided tour through the centuries and the ups and downs of a peripheral centre.

**PRICE:** € 14,00 per person, FREE of charge with the **+CARD holiday**

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
[info@nassfeld.at](mailto:info@nassfeld.at) // Tel. +43 (0) 4285 8241



WEDNESDAY

## CONSTELLATION HIKING TOUR – THE LIPS OF EUROPE – EGGER ALM



9.30 am

Parking place Garnitzenklamm

**DURATION:** about 4 - 5 hours

**NOTE:**

**ROUTE:** 12,5 km  
children from 8 years!

**ASCENT:** about 670 hm

Seen from a bird's eye view, the landscape between Hermagor and Tarvis forms the "lips of Europe". In other words, a cross-border landscape constellation in which you can gain an exciting insight into how people live together on the alpine pastures. Together we set off from the Egger Alm in the direction of the Schlosshütte and Poludnig. A wonderful panoramic view of the Carnic and Gailtal Alps awaits you! Then it's back via the Dellacher Alm back to the Egger Alm.

**EQUIPMENT:** Mountain boots, hiking clothes, weather protection, sun protection, backpack with snack and drink!

**PRICE:** € 10,00 per person for the hiking tour, FREE of charge with the **+CARD holiday**  
**Ascent with alpine shuttle** 10 am Egger Alm (Almgasthaus „Zur Käserei“)  
**Alpin shuttle** € 10,00 per adult / € 5,00 per child (daily ticket)!

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241

## STAND UP PADDLING COURSE PRESSEGGER SEE



10.30 am

SUP-Center Strandbad Pressegger See

**DURATION:** about 1,5 hours

**NOTE:**

Children from 8 years - children MUST be able to swim!

Wonderful deceleration. Enjoy the peace and quiet in the middle of the lake and the view of a fantastic mountain world. Or head for secluded spots and simply leave everything behind. Stand up paddling is the perfect combination of slowing down, enjoying nature and a real dose of strength and endurance training. And anyone can do it without any previous experience. At the stand up paddling course on Pressegger See you will learn everything you need for your perfect SUP experience in one hour.

Introduction to the technique of SUP by licensed instructor Practical part on the water incl. SUP

**PRICE SUP-KURS:** € 30,00 per person incl. SUP, FREE of charge with the **+CARD holiday**!

**PRICE SUP RENT:** € 11,00 (without ROUTE), reduced with the **+CARD holiday**!

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241

WEDNESDAY

## FASCINATION BEE AND HONEY IN THE ERLEBNISIMKEREI KRONHOFER (from 23 may – 15 september 2021)



**9 am** Erlebnisimkerei Kronhofer  
(9620 Mitschig 9)

**DURATION:** about 2 hours

Bees are small but all the more fascinating creatures that give us a sweet and, on top of that, particularly healthy treasure with their liquid gold. If you want to learn more about them and their incredible achievements and abilities, you should set out for a morning at the open beehive! Here you can witness how the bees bring the nectar from the flowers into the honeycombs of the hive and turn it into delicious honey. After the visit to the bees, the honey is extracted and you can sample the unique taste of fresh honey over breakfast. It is also possible to taste other types of honey, such as dandelion, alpine rose or forest honey, as well as other bee products such as pollen, propolis and bear catch! Incl. small honey gift!

**PRICE:** € 12,00 per adult, with the **+CARD holiday reduced** € 7,00  
€ 6,00 per child, with the **+CARD holiday reduced** € 3,50

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241

## GOLF TASTER



**3 pm** Golfanlage Nassfeld Golf

**DURATION:** about 1 hour

You finally want to have a say? Try out your first golf shots yourself - with trained instructors who will help you with tips and tricks? Then we recommend a golf taster session at the Nassfeld Golf.

**PRICE:** € 15,00 per person, FREE of charge with the **+CARD holiday!**

**REGISTRATION:** Golfanlage Nassfeld Golf  
9631 Waidegg 66  
Tel. +43 (0) 4284 20111





WEDNESDAY

## YOGA ON THE MOUNTAIN WITH ULLI



**10 am** Base Camp Tröpolach (Hotel Falkensteiner Carinzia)  
or upper station Millennium-Express (Madritsche)

**DURATION:** about 2 hours

**NOTE:** Yoga mats are on site - please bring a bath towel as a base, as well as Water bottle and sunscreen!

We take the Millennium-Express to the mountain station "Madritsche". Once there, we find a nice spot, roll out our yoga mats and start with yoga from different yoga styles. Mostly powerful and dynamic to work up a sweat, but at the same time you stretch your muscles, mobilise your spine and can relax at the same time. And all this in combination with the magnificent view!

**PRICE:** € 20,00 per person, FREE of charge with the **+CARD holiday!**

**REGISTRATION:** The day before until 4 pm!  
Sportfabrik Koller & Eder GesbR  
Tel. +43 (0) 677 620 13 179

WEDNESDAY

## SEGWAY TOUR



**3 pm** Base Camp – Tröpolach  
(Hotel Falkensteiner Carinzia)

**DURATION:** about 1 hour

**NOTE:** children from 12 years (mind. 42 kg)

You lean forward and already feel a unique riding sensation that is simply fun. After a detailed briefing, we start on asphalt to get used to the bike. Then we set off on a little journey over the gravel, along the cycle path into the countryside and around Tröpolach. Action is pre-programmed!

Suitable for young people and adults.

**EQUIPMENT:** Sports shoes, weather protection (jacket), sun protection, sunglasses

**PRICE:** € 45,00 per adult, with the **+CARD holiday reduced** € 36,00  
€ 40,00 per child, with the **+CARD holiday reduced** € 32,00

**REGISTRATION:** The day before until 4 pm!  
Sportfabrik Koller & Eder GesbR  
Tel. +43 (0) 677 620 13 179

## RIVER TUBING – ADVENTURE ON THE RIVER GAIL



**1.30 pm** Tröpolach – Gailbrücke

**DURATION:** about 2 hours  
(about 1 hour in the water)

**NOTE:** Children from 8 - 12 years only with an accompanying adult!  
Don't forget your swimwear!

Equipped with a neoprene suit, life jacket and helmet, we float down the Gail on RIVER TUBING. Rapids and white water swimming promise not only cooling down on hot summer days, but also lots of fun! With the tube we can "float" down the Gail from Tröpolach to Postran while taking in the beautiful surroundings!

**PRICE:** € 28,00 per adult  
€ 22,00 per child til 15 years!

**REGISTRATION:** Sölle Sport – Tröpolach  
Tel. +43 (0) 4285 7100



WEDNESDAY

## “DÄUMLING“ VIA FERRATA – LEVEL OF DIFFICULTY “C”



Time and meeting point will be arranged at registration!

**DURATION:** about 3 hours

**NOTE:** Children from 10 years, up to 14 years only with an accompanying person!  
Climbing experience is necessary! No fear of heights and surefootedness!

Mountain enthusiasts have to climb 150 metres to reach the highest point of this rock formation. An unforgettable experience is also the walk over the 40-metre-long Nepal Bridge, which sways under the climbers' footsteps. Courage, a head for heights and experience are necessary for this via ferrata with difficulty level "C". On the other hand, it is located in the immediate vicinity of the mountain station right next to the Gartnerkofel and is therefore easy and comfortable to reach. And for the incomparable view, a "thumbs up" anyway!

**EQUIPMENT:** Good shoes, appropriate clothing!

**PRICE:** 1-2 persons € 169,- | 3-4 persons € 210,-  
Valid lift ticket is required, not included in the price!  
With the +CARD holiday the use of the summer mountain railways is free!

**REGISTRATION:** Sölle Sport – Tröpolach  
Tel. +43 (0) 4285 7100

## SINGLETRAIL BASIC COURSE



9.45 am

Sölle Sport Shop Nassfeld  
(lower station Madritschen Sesselbahn)

**DURATION:** about 3 hours

**NOTE:** Children from 16 years - minimum height 150 cm

It's faster, safer and easier to go downhill with the right downhill technique!

You already feel pretty fit on the bike and have already mastered a few tours and metres in altitude, but would like to gain even more confidence on the bike? Do you sometimes feel a bit queasy, especially when riding downhill? Roots and rough, stony, steep paths throw you off balance? Then you've come to the right place... because that can be changed! This ROUTE is specially designed for children and young people! Age-appropriate material and suitable practice trails are carefully selected.

**EQUIPMENT:** Good shoes, suitable clothing, drinks!  
Freeride bike, protectors and helmet are included during the ROUTE!

**PRICE:** € 99,00 per adult from 16 years!  
Valid lift ticket is required, not included in the price!  
With the +CARD holiday the use of the summer mountain railways is free!

**REGISTRATION:** Sölle Sport – Tröpolach  
Tel. +43 (0) 4285 7100



THURSDAY

## GAILTALER ALMKÄSE IM REICH DER ERDGESCHICHTE

(ab 08. Juli – Mitte September 2021)



9.45 am

Nassfeldpass - Border

**DURATION:** about 3 - 4 hours

**NOTE:**

**ROUTE:** 8,5 km  
Children from 8 years!

**ASCENT:** about 615 hm

Nature has written a picture book of the earth's history in the Gailtal valley, which can be traced back almost 500 million years here. The evidence of the past has turned to stone and is omnipresent along this guided tour. We meet at the Austrian-Italian border for our geological and culinary voyage of discovery. What will you learn along the way? For example, that the peaks of the Carnic Alps were below sea level a long time ago. Unimaginably powerful earth movements moved them to their present location. Shells, snails, corals and prehistoric crabs pressed into stone bear witness to this event and can be discovered on the guided tour. And back in the present, dairymaid Elisabeth explains at the Watschiger Alm how milk is made into the finest cheese with great care and skilful handling.

**EQUIPMENT:** Sturdy shoes and sun protection are recommended, as well as drinks.


**PRICE:** € 19,00 per person

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241



THURSDAY

### 3-ALPINE PASTURE HIKING TOUR ALONG THE KARNISCHEN MILCHSTRASSE

	10 am	upper terminus Madritsche	<b>DURATION:</b> about 3 - 4 hours
<b>NOTE:</b>		<b>ROUTE:</b> 8,5 km Children from 8 years!	<b>ASCENT:</b> about 600 hm <b>DESCENT:</b> about 250 hm

What makes Gailtaler Almkäs so special? What is important in the traditional production of this quality product? And who are the people behind it? We get to the bottom of these questions on the 3 alpine pastures hike. From the Madritsche mountain station via the "Via dolce vita" or along the Aqua Trail we march to the Rudnigalm, then on to the Tröpolacher Alm and finally to the Rattendorfer Alm. We are allowed to look over the dairyman's shoulder and experience first-hand how much heart and soul, tradition and passion goes into every piece of Gailtaler Almkäse.

**EQUIPMENT:** Mountain boots, hiking clothing, weather protection, sun protection, rucksack with snack and drinks!

**PRICE:** € 10,00 per person, FREE of charge with the **+CARD holiday GRATIS!**  
Almshuttle € 14,00 per person from the Rattendorfer Alm to Tröpolach!

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241

### „PREVENTION IS BETTER THAN CURE“ – IDENTIFYING AND GATHERING WILD HERBS

	10 am	Schloss Lerchenhof (9620 Untermöschach 8)	<b>DURATION:</b> about 2,5 hours
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It is an extensive pharmacy of nature that grows right before our eyes. Provided you recognise it! For all those who are interested in the power of plants and want to learn more about them, this programme is ideal. Seminar farmer Gertrude Wastian shows where to find the wild herbs in the meadows. She knows better than anyone that there is a herb for every taste and every ache.

**EQUIPMENT:** Hiking clothing appropriate to the weather, hiking shoes, weather protection, sun protection and drinks!

**PRICE:** € 10,00 per person, FREE of charge with the **+CARD holiday!**  
Material price € 5,00

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241

THURSDAY

## SUNRISE HIKING TOUR TO THE GARTNERKOFEL



Time and meeting point will be announced at registration!

**DURATION:** about 4 hours

**ASCENT:** about 615 hm

**NOTE:** Breakfast afterwards at the Watschiger Alm - € 15.00 per person  
Children from 14 years

Experience a breathtaking and atmospheric sunrise on the Gartnerkofel with a view towards Italy? It's worth getting up early for that! Still in the darkness of the night, a good 2-hour hike takes you towards the summit cross of the Gartnerkofel. Once there, at 2,195 m above sea level, you will experience an ever brightening sea of lights on the surrounding mountain peaks. Unforgettable moments are guaranteed!

**EQUIPMENT:** Hiking clothing appropriate to the weather, hiking boots, weather protection, torch or headlamp and snack & drinks (tea)!

**PRICE:** € 10,00 per person, FREE of charge with the **+CARD holiday!**

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241

## BIKETOUR - EGGER ALM



9.30 am

Base Camp – Tröpolach  
(Hotel Falkensteiner Carinzia)

**DURATION:** about 6 hours

**NOTE:**

**ROUTE:** 45 km

**ASCENT:** about 1.050 hm

This challenging bike tour for advanced cyclists starts in Tröpolach. From here it is a leisurely ride along the R3 cycle path in the direction of Hermagor to the Garnitzenklamm gorge. There the challenging ascent of 630 hm along the Eggeralm road to 1420 hm begins. Arriving in the idyllic alpine village of the Egger Alm, we have a well-deserved break and enjoy the mountain air. After the break we continue to the Dellacher Alm and via an action-packed forest descent back towards the valley (580 hm). Along the Gail river we finally return to the starting point in Tröpolach.

**EQUIPMENT:** Helmet compulsory, sports shoes, cycling clothing, weather protection, sun protection!  
It is recommended to bring a backpack with snacks and drinks.

**PRICE:** € 35,00 per person, FREE of charge with the **+CARD holiday!**  
E-Bike rental possible on site!

**REGISTRATION:** The day before until 4 pm!  
Sportfabrik Koller & Eder GesbR  
Tel. +43 (0) 677 620 13 179



THURSDAY

## SINGLETRAIL BEGINNERS - KIDS ONLY TIL 15,99 YEAS



9.45 am

Sölle Sport Shop Nassfeld  
(lower terminus Madritschen Sesselbahn)

**DURATION:** about 2 hours

**NOTE:**

Children from 8 years up to max. 15.99 years - minimum height of 130 cm.  
A disclaimer **MUST** be signed by a parent!

It's faster, safer and easier to go downhill with the right downhill technique!

You already feel pretty fit on the bike and have already mastered a few tours and metres in altitude, but would like to gain even more confidence on the bike? Do you sometimes feel a bit queasy, especially when riding downhill? Roots and rough, stony, steep paths throw you off balance? Then you've come to the right place... because that can be changed! This course is specially designed for children and young people! Age-appropriate material and suitable practice trails are carefully selected..

**EQUIPMENT:**

Sturdy shoes, suitable clothing  
During the course, freeride bike, protectors and helmet are included!

**PRICE:**

€ 69,00 per person incl. bike, protector und helmet!  
Valid lift ticket for the ascent - Start Flow Trail (is not included in the price!)  
With the +CARD holiday the use of the summer mountain railways is free!

**REGISTRATION:**

Sölle Sport - Tröpolach  
Tel. +43 (0) 4285 7100

## SINGLETRAIL FAMILY COURSE



13.45 pm

Sölle Sport Shop Nassfeld  
(lower terminus Madritschen Sesselbahn)

**DURATION:** about 2 hours

**NOTE:**

Children from 8 years up to max. 15.99 years - minimum height of 130 cm.  
A disclaimer **MUST** be signed by a parent!

Shred trails together with the kids and work on your skills! If you're into that, this is the right course for the whole family! Because it's faster, safer and easier to go downhill with the right downhill technique! Here we train specifically how to ride downhill as well as how to master roots and rough, stony, steep paths. After that, you won't lose your balance so quickly.

**EQUIPMENT:**

Sturdy shoes, suitable clothing!  
Freeride bike, protectors and helmet are included during the Course

**PRICE:**

€ 79,00 per adult from 16 years!  
€ 69,00 per child til 15,99 years!

Valid lift ticket for the ascent - Start Flow Trail (is not included in the price!).  
With the +CARD holiday the use of the summer mountain railways is free!

REGISTRATION:

Selle Sport - Tiroloclimb  
Tel. +43 (0) 4285 7100



FRIDAY

## GARNITZEN GORGE HIKING TOUR ON THE TRACKS OF THE GEO TRAIL



10 am Access to the Garnitzenklamm

DURATION: about 5 - 6 hours

**NOTE:** ROUTE: 6 km  
Children from 12 years!

ASCENT: about 615 hm

These are fascinating and colourful rock and cliff formations created here by emerald-green, thundering streams: The Garnitzenklamm is one of the longest gorges in Austria a place to recharge your batteries. The fresh air brought by the crystal-clear mountain stream is a blessing on hot summer days. Many forces have contributed to the formation of the gorge and this landscape. Those who set out together with our hiking guide to experience the 6.6 km long circular hike learn a lot about the power of water, how it has worked its way through the rock over thousands of years and how the rocks, in turn, have contributed to the formation of the gorge.

EQUIPMENT:

Hiking clothing appropriate for the weather, hiking boots, weather protection, sun protection, rucksack with snacks and drinks! Refreshment stop at the end of the tour!

PRICE:

€ 10,00 per person, FREE of charge with the **+CARD holiday!**

REGISTRATION:

The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Presssegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241



FRIDAY

## STERNBILDWANDERUNG - WATSCHIGER ALM - KAMMLEITN



10 am Border -Nassfeldpass

**DURATION:** about 3 - 4 hours

**NOTE:** **ROUTE:** 11 km  
Children from 8 years!

**ASCENT:** about 630 hm

This constellation hike is a journey through time into the fascinating history of our border region. Because hiking guide Georg has a lot to tell. About the geology of the Carnic Alps as well as about the botanical and historical features. The hike starts at the state border and you walk through the "Historical Mile" to the Watschiger Alm, past the "Wulfenia Conservation Area" in the direction of the Kühweger Törl on the Kammleitn. The way back takes us via the Garnitzentörl to the Watschiger Alm and back to the starting point..

**EQUIPMENT:** Mountain boots, hiking clothes, weather protection, sun protection Backpack with snack and drinks! Refreshment stop at the end of the tour!

**PRICE:** € 10,00 per person, FREE of charge with the **+CARD holiday!**

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241

## GUIDED BIKETOUR ALONG THE ALPE ADRIA CYCLING WAY TO VENZONE



7.33 am  
6.25 pm

departure station Hermagor  
arrival station Hermagor

4 pm departure station Venzone

**NOTE:** **ROUTE** 65 km

★ Do not forget a valid travel document!

The bike bus takes us comfortably to the border in Thörl Maglern. From here we start this beautiful, about 65 km long cycling tour through the Canal Valley. This section is considered one of the most charming of the cycle trail. Because from Tarvis you cycle a large part on the abandoned railway line "Pontebbana" through the Italian Canal Valley - with tunnels, viaducts and bridges with spectacular views. As it is mostly slightly downhill, the route is manageable for everyone.

Our destination: the medieval town of Venzone with its unique city wall and romantic centre square - today also known as the lavender town!

**PRICE:** € 35,00 per adult, FREE of charge with the **+CARD holiday!**  
€ 25,00 per child, FREE of charge with the **+CARD holiday!**

**REGISTRATION:** The day before until 4 pm!  
Info- & Servicecenter Nassfeld-Pressegger See  
info@nassfeld.at // Tel. +43 (0) 4285 8241

FRIDAY

## YOGA - PRESSEGGER SEE WITH ULLI



8.30 am

Strandbad Südufer – Passriach „Samerhof“

**DURATION:** about 1 hour

**NOTE:**

Yoga mats are on site - please bring a bath towel as a base, as well as a water bottle and sunscreen

Yoga, early in the morning on the jetty. The birds are chirping, at the same time, you are guided through an invigorating, refreshing morning yoga class from different yoga styles. What better way to start a new holiday day? Enjoy the first rays of sunshine of the day on your face, together with your favourite asana in a unique setting. A breathing exercise helps you to start a new holiday day energetically but relaxed. And if you're still not completely awake after the yoga class, the only thing that helps is to jump into the cold water!

**PRICE:** € 15,00 per person, FREE of charge with the **+CARD holiday!**

**REGISTRATION:** The day before until 4 pm!  
Sportfabrik Koller & Eder GesbR  
Tel. +43 (0) 677 620 13 179

## RIVER TUBING – ADVENTURE ON THE RIVER GAIL



1.30 pm

Tröpolach – Gailbrücke

**DURATION:** about 2 hours  
(about 1 hour in the water)

**NOTE:**

Children from 8 - 12 years only with an accompanying adult!  
Do not forget swimwear!

Equipped with a neoprene suit, life jacket and helmet, we float down the Gail on a RIVER TUBING trip. Rapids and white water swimming promise not only cooling on hot summer days, but also a lot of fun!

We use a special inflatable ring with a stable seat net and handholds, which is also perfect for children. Let yourself drift, enjoy nature and experience an adventure together that offers the highest level of safety - all this is perfectly possible on the route from Tröpolach to Postran.

**PRICE:** € 28,00 per adult  
€ 22,00 per child til 15 years!

**REGISTRATION:** Sölle Sport – Tröpolach  
Tel. +43 (0) 4285 7100



FRIDAY

## SEGWAY TOUR



3 pm

Base Camp – Tröpolach  
(Hotel Falkensteiner Carinzia)

**DURATION:** about 1 hour

**NOTE:**

Children from 12 years! (mind. 42 kg)

You lean forward and already feel a unique riding sensation that is simply fun. After a detailed briefing, we start on asphalt to get used to the bike. Then we set off on a little journey over the gravel, along the cycle path into the countryside and around Tröpolach. Action is pre-programmed!

Suitable for young people and adults.

**EQUIPMENT:** Sports shoes, weather protection (jacket), sun protection, sunglasses

**PRICE:** € 45,00 per adult, with the **+CARD holiday reduced** € 36,00  
€ 40,00 per child, with the **+CARD holiday reduced** € 32,00

**REGISTRATION:** The day before until 4 pm!  
Sportfabrik Koller & Eder GesbR  
Tel. +43 (0) 677 620 13 179



FRIDAY

## „DÄUMLING“ VIA FERRATA – LEVEL OF DIFFICULTY „C“



Time and meeting point will be arranged at registration!

**DURATION:** about 3 hours

**NOTE:** Children from 10 years, up to 14 years only with an accompanying person!  
Climbing experience is necessary! No fear of heights and surefootedness!

Mountain enthusiasts have to climb 150 metres to reach the highest point of this rock formation. An unforgettable experience is also the walk over the 40-metre-long Nepal Bridge, which sways under the climbers' footsteps. Courage, a head for heights and experience are necessary for this via ferrata with difficulty level "C". On the other hand, it is located in the immediate vicinity of the mountain station right next to the Gartnerkofel and is therefore easy and comfortable to reach. And for the incomparable view, a "thumbs up" anyway!

**EQUIPMENT:** Good shoes, appropriate clothing!

**PRICE:** 1-2 pers. € 169,- | 3-4 pers. € 10,-

Valid lift ticket for the ascent - Start Flow Trail (is not included in the price!).  
With the +CARD holiday the use of the summer mountain railways is free!

**REGISTRATION:** Sölle Sport – Tröpolach  
Tel. +43 (0) 4285 7100

## SINGLETRAIL BASIC COURSE



9.45 am

Sölle Sport Shop Nassfeld  
(Talstation Madritschen Sesselbahn)

**DURATION:** about 3 hours

**NOTE:** children from 16 years – minimum size 150 cm

It's faster, safer and easier to go downhill with the right downhill technique! You already feel pretty fit on the bike and have already mastered a few tours and metres of altitude, but would like to gain even more confidence on the bike? Do you feel insecure when riding downhill, do roots and rough, stony, steep paths throw you off balance? Then you've come to the right place... The 1st part of the course (SETUP, technical basics, posture, ...) DURATIONt approx. 1 hour. With the help of a guide and growing confidence, single-trail riding at Nassfeld becomes the ultimate downhill experience

**EQUIPMENT:** Good shoes, suitable clothing, drinks!  
Freeride bike, protectors and helmet are included during the course!

**PRICE:** € 99,00 per adult from 16 years!

Valid lift ticket for the ascent - Start Flow Trail (is not included in the price!).  
With the +CARD holiday the use of the summer mountain railways is free!

**REGISTRATION:** Sölle Sport – Tröpolach  
Tel. +43 (0) 4285 7100



## NASSFELD-PRESSEGGER SEE

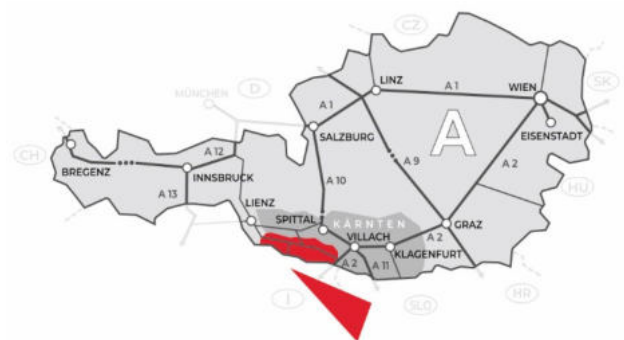
110 km of pistes

30 modern cable cars and lifts

80 km cross-country skiing tracks

Ski touring paradise Lesachtal

Ice skating at the Lake Pressegger See & Weissensee



## CONTACT & INFORMATION

Info- & Servicecenter Nassfeld-Pressegger See

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9620 Hermagor

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