



MOUNTAINS  
& LAKES  
WORLD OF



*nice surprise*

# AUTUMN PROGRAM

04.10.2021 – 26.10.2021



**KÄRNTEN**  
It's my life!

NASSFELD-PRESSEGGER SEE | LESACHTAL | WEISSENSEE



## **GUIDELINES FOR MOUNTAIN HIKING GUIDES IN CARINTHIA**

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### **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.

## AUTUMN PROGRAM 20.09.2021 – 26.10.2021

### DAILY

Lamatrekking  
Golf „Pay & Play“

### MONDAY

Garnitzen Gorge hiking tour – on the tracks of the geo trail  
E-Bike - Mountainbike Tour in the valley  
MTB Basics - Learn & Ride  
Segway Tour

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

Singletrail Beginners - kids under the age of 16 only  
Singletrail family cours  
Mountain Cart „Double Downhill“

### WEDNESDAY

Old town walk in Hermagor  
Guided hiking tour – The lips of Europe - Egger Alm  
Segway Tour  
„Däumling“ via ferrata – level of difficulty „C“  
Singletrail Basic Kurs

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

### THURSDAY

Sunrise hiking tour to the Gartnerkofel  
E- Biketour Egger Alm  
Singletrail Beginners - kids under the age of 16 only  
Singletrail Family Course

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

### FRIDAY

Sternbildwanderung – Watschiger Alm - „Kammleithn“  
Guided Biketour – Bike tour along the Alpe Adria cycle path  
Segway Tour  
„Däumling“ via ferrata – level of difficulty „C“  
Singletrail Basic Kurs

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

### SATURDAY

Guided Biketour – Nassfeld – Winkelalm

FREE of charge with the +CARD holiday



## 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

## MONDAY

### 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-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)

**DURATION:** about 1 hours

**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 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

TUESDAY

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



9.45 am

Sölle Sport Shop Nassfeld  
(lower terminus Madritschen chairlift)

**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 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

## 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-Presssegger See  
[info@nassfeld.at](mailto:info@nassfeld.at) // Tel. +43 (0) 4285 8241



WEDNESDAY

## CONSTELLATION HIKING TOUR – THE LIPS OF EUROPE – EGGER ALM with a culinary snack by „Rudi“

	<b>9.30 am</b>	Parking place Garnitzenklamm	<b>DURATION:</b> about 4 - 5 hours
<b>NOTE:</b>		<b>ROUTE:</b> 12,5 km children from 8 years!	<b>ASCENT:</b> 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

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

## “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



WEDNESDAY

## 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

## SUNRISE HIKING TOUR TO THE GARTNERKOFEL



Time and meeting point will be announced at registration!

**DURATION:** about 4 hours

**ASCENT:** about 615 hm

**NOTE:** Children from 14 years – max. 7 pers.

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

## E-BIKETOURL - EGGER ALM with a culinary snack by „Rudi“



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 13179



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 - Tronolach  
Tel. +43 (0) 4285 7100



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 Kammleitm. 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

FRIDAY

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



7.33 am

6.25 pm

**NOTE:**

departure station Hermagor

arrival station Hermagor

4 pm

departure station Venzone

**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

## 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. € 210,-

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, ...) DURATION 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

Saturday

## Guided E-Biketour Nassfeld-Winkelalm with a culinary snack

	<b>9.30 am</b> ca. 10 am	Hotel Gartnerkofel Start E-Bike Tour	<b>DURATION:</b> about 4-5 hours with stop
<b>ASCENT:</b>	800 hM	<b>ROUTE:</b> 20 km	<b>LEVEL:</b> medium

This cross-border tour offers a true nature experience due to its versatility. Rugged rock formations, lush alpine pastures and short crunchy gravel passages make this tour a real highlight.

From the Hotel Gartnerkofel, you take an asphalt road uphill in the direction of the Watschiger Alm. After just under a kilometre, turn right and follow the forest road in the direction of the Gartnerkofel cable car mountain station. At 1,850 m above sea level you reach the crossing - now downhill to the Garnitzenalm. From the alpine pasture, the trail goes slightly uphill again to the saddle at the border crossing to Italy (1,675 m). A short but somewhat challenging single trail, which becomes somewhat wider and easier after the first 4 hairpin bends, then leads to the Ofenalm. The route then continues on gravel paths towards the Auernig Alm - followed by a stop for refreshments at the Winkelalm.

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

**PRICE:** € 35,00 per person, free of charge with the **+CARD holiday!**  
**E-bike rental possible on site** (not included in the +CARD holiday!).

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





## 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

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