

OUTDOOR WORLD

Activ. Refreshing. Different.



KÄRNTEN
It's my life!

WITH A GOOD FEELING. SAFE AND FIT IN HEALTHY MOUNTAIN AIR!

COVID19 - MEASURES

„If your stick catches the person next to you, then you are too close“ - this is one of the distancing rules at Nassfeld. Strong together - safe together: To give hosts, locals as well as guests a good feeling when it comes to winter sports in the Nassfeld-Pressegger See region, comprehensive safety and hygiene measures have been taken together with all partners of the ski resort, the cable cars, ski huts and piste restaurants, accommodation facilities, sports shops, ski schools and transport services.

EXCERPT FROM COVID-19 SAFETY AND HYGIENE MEASURES

- ▶ NEW: The „Nassfeld Buddys“ - your points of contact in the ski resort
- ▶ Mouth-nose cover mandatory in waiting areas, in cabins, on ski buses, in catering establishments
- ▶ Use of the gondolas' capacity: max. 50%
- ▶ Continuous disinfection /ventilation on mountain railways, in buildings, sanitary facilities
- ▶ Control system for spatial equalisation in queuing/waiting areas
- ▶ Online ticket sales & ticket machines on site
- ▶ Catering establishments/huts: mouth-nose cover, table reservation online („book a table“) or by phone
- ▶ Contactless payment where possible
- ▶ Winter sports-suitable mouth-nose cover for just €1.00 - „You can smile with your eyes“.
- ▶ Earlier opening of the mountain railways (if required)
- ▶ Regular staff testing
- ▶ NEW: Covid-19 test stations for locals and guests (PCR and antigen tests)
- ▶ Voluntary guest registration with „my visit Pass“

NEU – DIE „NASSFELD BUDDYS“

Eure Ansprechpersonen im Skigebiet

Die neue Situation ist für alle Beteiligten eine Umstellung. Damit sich Wintersportler gut aufgehoben fühlen, stehen bei den Partnern des Skigebietes die sogenannten „Nassfeld Buddys“ – als Ansprechpartner zur Verfügung. Sie helfen, informieren, überraschen, achten auf die Einhaltung der COVID19-Vorgaben und geben ihr Bestes, euren Skitag unvergesslich zu machen.

DU FINDEST SIE ALS

- ▶ Lift-Buddy
- ▶ Shop-Buddy
- ▶ Gastro-Buddy
- ▶ Skischul-Buddy



„It's us, the colleagues for your winter holiday at Nassfeld. We're here to help you when your ski boots start to hurt or your sense of direction isn't the best. Your buddies!“

PERSONAL RESPONSIBILITY

YOUR COOPERATION IS IMPORTANT!

However, the success of our measures also depends to a large extent on you taking personal responsibility. Everyone is called upon to make their own contribution to the compliance with and implementation of the applicable regulations. By being thoughtful and cautious, you protect yourself, other guests and us. Thanks for your help!

All information is constantly updated!



COVID19-TEST STATIONS FOR LOCALS AND GUESTS

(VOLUNTARY)

Due to the increased demand from locals and guests, two separate test stations for voluntary testing (from 28 December 2020 until presumably April 2021) will be established in addition to employee testing (in accommodation establishments). Appointment and payment must be made online!

LOCATIONS:

- ▶ **SONNENALPE NASSFELD** from 4.1.2021
Mon - Fri 7.30 - 9.30 am every day
(opposite Hotel Gartnerkofel)

- ▶ **TRÖPOLACH** 28.+29.12.2020 and from 4.1.2021
Mon - Fri 10.00 am- 12.00 pm
(Hotel FRANZferdinand; west terrace)

COSTS:

- ▶ **ANTIGEN RAPID TEST € 29.00**
(result within 15-30 min. on site; no written report!)

- ▶ **PCR TEST € 120.00**
(results within 36-48 hours for download/or by post on request)

FURTHER INFORMATION : [Ihr Labor,](http://www.corona-test.ihrlabor.at)
[www.corona-test.ihrlabor.at;](http://www.corona-test.ihrlabor.at)
safe.a@ihrlabor.at

FURTHER INFORMATION ON THE TWO TEST OPTIONS

PCR TEST

Direct virus detection of SARS-CoV-2 is possible by PCR test. It is therefore the only reliable test to detect an acute infection with the SARS-CoV-2 coronavirus. During this test, a throat swab is taken. Please note that direct virus detection by PCR test is only a snapshot. From a medical point of view, a PCR test is useful if there is a suspicion that you have been infected with the SARS-CoV-2 coronavirus, especially if you experience symptoms such as fever, dry cough or shortness of breath and/or if you have had contact with a sick person. An active infection is detected - even in people who are (stylel) symptom-free - and it is determined whether the person tested is a carrier of the virus. If you experience severe symptoms (such as high fever, cough, shortness of breath), please stay at home and call the hotline 1450 or your GP or an ambulance 144 and follow the instructions given over the phone.

COSTS:

PCR-Test EUR 120.00 (Prior online appointment and payment required.)

HOW DO I GET THE RESULTS OF THE PCR TEST?

There are two ways to obtain your results of the PCR test: depending on your choice, we will either send you the results by post or you will receive an e-mail as soon as the results are available for download on the online platform BefundPost.at. As a rule, the results are established within 36-48 hours from the time the samples arrive at IHR LABOR. However, IHR LABOR is not obliged to provide services and/or meet certain deadlines if this is not possible due to technical defects or lack of availability of the required capacities (e.g. reagents, equipment, etc.), and these circumstances are not due to gross negligence on the part of IHR LABOR. In this respect, the laboratory does not provide any warranty or guarantee and does not assume any liability. After the analysis has been completed, **IHR LABOR** carries out the legal EMS (epidemiological reporting system) notification to the relevant authorities.

ANTIGEN RAPID TESTS

Antigen tests can be used to identify individuals with an active SARS-CoV-2 infection. The gold standard for detecting SARS-CoV-2 is the RT-PCR test, which should be used to verify positive antigen test results. Due to the lower sensitivity of antigen tests compared to RT-PCR test, a negative antigen test result does not reliably rule out a SARS-CoV-2 infection. Antigen tests are only in part suitable for the detection of asymptomatic patients, but can contribute to the rapid and early identification of symptomatic or highly infectious patients - if carried out correctly.

If the test result is positive, the Carinthian Red Cross carries out the legally required EMS (epidemiological reporting system) notification.

COSTS:

Rapid antigen test EUR 29.00 (Prior online appointment and payment required.)

INFO:
Ihr Labor
safe.a@ihrlabor.at
www.corona-test.ihrlabor.at

 **IHR LABOR**
Qualität, ganz persönlich.

KÄRNTEN
It's my life!



MONDAY

SUNRISE-SNOWSHOE HIKING TOUR with breakfast option

Enjoy the unique feeling in the early morning on the mountain - be the first to enjoy and catch the energetic rays of the sun. This guarantees you a fresh and fit start to a new day! After a pleasant hike in the morning, you can enjoy a delicious breakfast at the „Hauserhof“ on the terrace with a great view over the valley.

START: 6.00 AM	DURATION: ca. 3 Hours	MIND. 4 PERS
MEETING POINT: HAUPTSTRASSE 55, 9620 HERMAGOR		

MITZUBRINGEN: warm clothes (Functional clothing), sturdy & waterproof winter shoes (no sneakers), gloves, cap

PRICE: € 35,- incl. mountain guide, snowshoes + sticks, plus € 10,- for the breakfast, excl. drinks! (only possible for participants of the snowshoe hike)

REGISTRATION: Sportfabrik - Koller & Eder GesbR
9631 Tröpolach
The day before until 3.00pm
Tel: +43 (0) 676 / 5719391 or +43 (0) 677 / 620 13 17 9



MONDAY

SNOWSHOE HIKE WITH HEADLAMP AT NASSFELD

Hike with snowshoes under the starry sky through the snowy landscape of Nassfeld, accompanied by one of our trained snowsports instructors.

START: 5.00 PM	DURATION: 2 HOURS	MIND. 4 PERSONEN
MEETING POINT:	16:45 PM SONNENALPE NASSFELD - SÖLLE SPORT RENT	

PACKAGE INCLUDES:	Snowshoes, sticks and 1 headlamp Accompaniment by a Sölle Sport Guide
REQUIREMENT:	Good high shoes, preferably hiking boots. Warm clothing!
PRICE:	€ 39,- per Person € 35,- for guests of PREMIUM Partners
REGISTRATION:	Sunday till 16.00 pm - at the Schneesportschule Nassfeld Tel.: +43 (0) 4285 / 7100, E-Mail: skischule@soelle.at

TUESDAY

BIATHLON TASTER

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

START: 2.00 PM	DURATION: 2 HOURS	MIND. 3 PERSONEN
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 of PREMIUM Partners
REGISTRATION:	by 12.00 pm the day before at the Skischule Thommi Tel.: +43 (0) 664 / 574 01 06, E-Mail: info@skischule-nassfeld.at



TUESDAY

SKI TOURING BASIC COURSE FOR BEGINNERS

Course content: correct equipment, correct ascent and descent techniques, introduction to snow and avalanche awareness, introduction to safety equipment (avalanche transceiver, shovel, probe), followed by a beginner's tour in gentle terrain.

START: 11.00 AM

DURATION: 3 HOURS

MEETING POINT:

SONNENALPE NASSFELD - SKISCHULBÜRO

PRICE: € 85,- per person/day incl. safety equipment (LVS, shovel, probe),
excl. touring skis without skins (Lift tickets required)!
Touring skis incl. skins and boots can be rented in advance if required can be rented
by prior arrangement.

REQUIREMENT: Safe parallel turns on red slopes, fitness for short ascents!

REGISTRATION: by 4.00pm the day before at the Schneeportschule Nassfeld
Tel +43 (0) 4285 / 7100

TUESDAY

SNWOSHOE HIKING TOUR AT THE NASSFELD

Away from the hustle and bustle and busy pistes, simply switch off and chill out. With the authentic local guides of the alpine school Go - Vertical!

START: 09.30 AM	DURATION: CA. 2,5 HOURS
MEETING POINT: GRENZÜBERGANG PASSO PRAMOLLO	

PACKAGE INCLUDES: Guided tour by an authorised mountain or hiking guide of the Alpine School Go - Vertical
Snowshoes and poles, safety equipment!

REQUIREMENT: Mountain or hiking boots, clothing suitable for the weather, drinks

PRICE: € 49,- per person
€ 45,- for guests of PREMIUM Partners

REGISTRATION: Alpinschule Go-Vertical
by 1.00 pm the day before
Tel +43 (0) 664 / 35 27 305

ROMANTIC HORSE-DRAWN SLEIGH RIDE AT NASSFELD

Enjoy a sleigh ride through the wonderful winter landscape; wrapped up in warm wool blankets, breathing in the cold winter air and with your thoughts to yourself.

START: 2.00 PM	DURATION: CA. 1 HOURS
MEETING POINT: HOTEL GARTNERKOFEL	

PRICE: € 17,- per adult / € 10,- per child

REGISTRATION: by 4.00 pm the day before at Familie Haberle
Tel +43 (0) 650 / 486 06 09





WEDNESDAY

SNOWSHOE HIKING TOUR AT NASSFELD

Wandert am Nassfeld mit Schneeschuhen durch die verschneite Landschaft.

START:	2.00 PM	DURATION:	2 HOURS
MEETING POINT:	01.45 PM SONNENALPE NASSFELD - SÖLLE SPORT RENT		

PACKAGE INCLUDES: Snowshoes and sticks, accompaniment by a Sölle Sport guide

REQUIREMENT: Good high shoes, preferably hiking boots. Warm clothing!

PRICE: € 39,- per person
€ 35,- for guests of PREMIUM Partners

REGISTRATION: by 4.00 pm the day before at the Schnee Sport Schule Nassfeld
Tel +43 (0) 4285 / 7100, E-Mail: skischule@soelle.at

WEDNESDAY

SKI TOURING INTRODUCTORY COURSE

Under the expert guidance of the mountain guide you will learn how to use the equipment correctly! The aim is to be able to ski tour independently. You will get tips and tricks on the material and the movements involved in ski touring!

Enjoy this tour off the slopes in the Nassfeld region!

START:	1.00 PM	DURATION:	CA. 2,5 HOURS
MEETING POINT:	AT THE BORDER - PASSO PRAMOLLO		

PACKAGE INCLUDES: Guidance by an authorised mountain guide of the Alpine School Go-Vertical
Safety equipment / organisation of the required ski touring equipment

REQUIREMENT: Safe skiing on blue slopes

PRICE: € 79,- per person (exkl. Tourenski usw.)
€ 75,- for guests of PREMIUM Partners

REGISTRATION: by 1.00 pm the day before at the Alpine School Go-Vertical
Tel +43 (0) 664 / 352 73 05

NIGHT SNOWSHOE HIKING TOUR

Equipped with snowshoes and poles, we set off straight after a briefing. Up the climb to the church of St. Leonhard, hidden in the forest at 718m. The church in Schlanitzen is dedicated to St. Leonhard, the patron saint of prisoners and miners. We continue along the slope to the Ederhof (Schlanitzen), where we stop for a drink before heading back home to Tröpolach.

START:	7.00 PM	DURATION:	CA. 3 HOURS
DIFFICULTY LEVEL:	MEDIUM	MIND.	4 PERSONEN
MEETING POINT:	SPORT FABRIK - TRÖPOLACH - MILLENNIUM-EXPRESS		

EQUIPMENT Warm clothing (functional clothing), sturdy & waterproof winter shoes
winter shoes (no sneakers), gloves, cap

PRICE: € 35 incl. Mountain guide, snowshoes + sticks - drinks are not included

REGISTRATION: Sportfabrik - Koller & Eder GesbR
9631 Tröpolach
by 5.00 pm the day before
Tel +43 (0) 676 / 571 93 91 oder +43 (0) 677 / 620 13 17 9





THURSDAY

CROSS-COUNTRY SKI COURSE FOR BEGINNERS - at the Sonnenalpe Nassfeld

Enjoy nature on freshly groomed cross-country ski tracks. With the right technique, skiing is much safer, easier and more fun.

START:	2.00 PM	DURATION:	CA. 2 HOURS	MIND. 3 PERSONEN
MEETING POINT:	01.45 PM	SONNENALPE NASSFELD - SÖLLE SPORT - SKISCHULBÜRO		

PACKAGE INCLUDES: Cross-country ski equipment
Introduction into the basic cross-country ski technique (classic),
Accompanied by a qualified cross-country ski instructor

REQUIREMENT: Warm clothes

PRICE: € 39,- per person
€ 35,- for guests of PREMIUM Partners

REGISTRATION: By 4.00 pm the day before at the Schneesport Schule Nassfeld
Tel +43 (0) 4285 / 71 00 oder skischule@soelle.at



FRIDAY

SNOWSHOE HIKING TOUR AT THE NASSFELD

Get to know the Nassfeld area. Immediately after the start, there is a short, crisp ascent that leads us into a snow-covered forest. There we enter Italian territory. The trail then leads us back over the Nassfeldsee, along the border, back to the meeting point.

START:	10.00 AM	DURATION	CA. 2,5 HOURS	MIND. 4 PERSONEN
	MEETING POINT:	BORDER NASSFELD - PASSO PRAMOLLO		

EQUIPMENT: Warm clothing (functional clothing), sturdy & waterproof winter shoes (no sneakers), gloves, cap

PRICE: € 35 incl. Mountain guide, snowshoes + sticks,

REGISTRATION: Sportfabrik - Koller & Eder GesbR
9631 Tröpolach
by 3.00 pm the day before
Tel +43 (0) 676 / 571 93 91 oder +43 (0) 677 / 620 13 17 9

TORCHLIGHT HIKE TO THE (ICE) „STOCKTUNIER“/“LATTLTSCHIASSN“ (ICE CREAM TOURNAMENT) WITH MULLED WINE AND MUSIC

We meet at the Millennium-Express in Tröpolach. From there we march through the snow-covered valley towards the sports field in Tröpolach. From there we head off to the curling track (with or without ice, depending on the season). Who will be today's stick king? Challenge yourself, your family, your friends.

START:	3.00 PM	DURATION:	CA. 3 HOURS	MIND. 6 PERSONEN
	MEETING POINT:	SPORT-FABRIK - MILLENNIUM-EXPRESS - VALLEY STATION		

EQUIPMENT: Warm clothing (functional clothing), sturdy & waterproof winter shoes (no sneakers), gloves, cap

PRICE: € 25,- Stick rental + 1 drink)

REGISTRATION: Sportfabrik - Koller & Eder GesbR
9631 Tröpolach
By 3 pm the day before
Tel +43 (0) 676 / 571 93 91 oder +43 (0) 677 / 620 13 17 9

SATURDAY

NIGHT SKIING ON ONE OF THE LONGEST FLOODLIT PISTES IN THE ALPS (2,2 KM) Tröpolach - Millennium-Express

Every saturday from 6.30 pm - 9.00 pm

Periode: 09.01. - 06.03.2021

Let there be light! The day of skiing is extended during night skiing at Nassfeld.

CULINARY - REGIONAL PRODUCTS

- ▶ FARMERS MARKET IN HERMAGOR - every 1st and 3rd Saturday in the month

START: 8.00 AM – 12.00 PM
Hermagor - Wulfeniaplatz

- ▶ FARMERS MARKET IN TRÖPOLACH - every friday from 08.01.2021

START: 3.00 PM – 5.00 PM
Tröpolach - Millennium-Express - valley station





**MOUNTAINS
& LAKES**
WORLD OF

Nassfeld
Pressegger See

nice surprise



SEGWAYTOURS

Action, Fun Joy from 12 years!

Have fun with the Team from the SPORTFABRIK, a extraordinary Segwaytour in Winter. The guided Segways tours are we jet through the snowy landscape - through grasslands and forrests in the area of Tröpolach.

PRICE: € 39,- per adult
€ 35,- per child to 13,99 years

EQUIPMENT: Warm clothing (functional clothing), winter shoes (no sneakers), gloves, cap

REGISTRATION: Sportfabrik - Koller & Eder GesbR
9631 Tröpolach
by 5.00 pm the day before
Tel: +43 (0) 676 / 571 93 91 oder +43 (0) 677 / 620 13 17 9

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Experiencing winter sports off the slopes

OUTDOOR & RELAX WORLD

SNOWSHOE HIKES

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:

- ▶ Alpinschule Go-Vertical Tel +43 (0) 664 / 352 73 05
- ▶ Schnee Sport Schule Sölle Tel +43 (0) 4285 / 7100
- ▶ [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 SONNLEITN - 2 KM - ILLUMINATED - daily!**

START: 6.00 – 10.00 PM
PRICE: € 6,- per toboggan
TOBOGGAN HIRE: Alpenhotel Marcius Tel +43 (0) 676 / 898 277 100

► **TOBOGGAN RATTENDORF - 2 KM - ILLUMINATED** Tuesday, Friday, Saturday

BEGINN: 7.00 – 10.00 PM
INFO TO TOBOGGAN: Tel + 43 (0) 4285 / 8241

► **TOBOGGAN KREUTH/JENIG - 2 KM**

TOBOGGAN HIRE: On request at Berghotel Presslauer
Tel +43 (0) 4285 / 209

► **TOBOGGAN GUGGENBERG - 2 KM - ILLUMINATED** daily
SHUTTLE SERVICE - Tuesday and Thursday

START: 8.00pm (auf Wunsch auch anderer Zeitpunkt möglich)
PRICE: Toboggan: € 5,-/person, transfer: € 4,-/person,
TOBOGGAN HIRE: Schloss Lerchenhof – Family Steinwender
REGISTRATION: by 7.00 pm for the transfer, Tel +43 (0) 4282 / 2100
mind. 4 person

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

STARTING POINT: Weißbriach - Lift valley station
INFO- TOBOGGAN HIRE: Tel + 43 (0) 4286 / 228 (Hotel Löffele)

► **TOBOGGAN GAILBERGHÖHE - 2 KM**

STARTING POINT: Hotel Gasthof Gailberghöhe - Gailbergsattel
PRICE: € 3,- per toboggan
TOBOGGAN HIRE: Gasthof Gailberghöhe
Tel +43 (0) 4715 / 368

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

STARTING POINT: Techendorf - Bergbahnen
TOBOGGAN HIRE: Intersport Alpensport Techendorf
Tel +43 (0) 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 - 35 KM

CROSS COUNTRY SKIING FEE

Daily fee € 7,-

CROSS COUNTRY SKIING SCHOOL WEISSENSEE

Peter Schwarzenbacher
Tel +43 (0) 664 / 131 55 33

EQUIPMENT RENTAL

Intersport Alpensport Techendorf
Tel +43 (0) 4713 / 259 43



CROSS-COUNTRY TRAILS

AREA NASSFELD-PRESSEGGER SEE

- | | |
|---|---|
| ▶ PANORAMALOIPE TRÖPOLACH - RATTENDORF T3
ENTRY: Östliche Ortsausfahrt Rattendorf (Parkplatz vorhanden) - | LENGTH: 8,2 km - 65 HM - medium
STYLE: Skating/Classic |
| ▶ RUNDLOIPE TRÖPOLACH T2
ENTRY: Östliche Ortsausfahrt Rattendorf (Parkplatz vorhanden) | LENGTH: 5,6 km - 53 HM, easy |
| ▶ ÜBUNGSLOIPE TRÖPOLACH - MILLENNIUM-EXPRESS
ENTRY: Back of Talstation Millennium-Express | LENGTH: 0,4 km - 5 HM - easy
STYLE: Skating/Classic |
| ▶ RATTENDORF LOIPE T1
ENTRY: Östliche Ortsausfahrt Rattendorf (Parkplatz vorhanden) | 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 - TRESSDORFERALM
ENTRY: Tressdorfer Alm | LENGTH: 1,9 km - 61 HM - medium
STYLE: Skating/Classic |
| ▶ NASSFELD - PRAMOLLO SEELOIPE
ENTRY: Staatsgrenze zu Italien | 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

FACTS ABOUT THE ICE-SKATING PARADISE OF 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 11.00 am - 3.00 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: € 7,-

SKATING SCHOOL ON THE WEISSENSEE: Natureislaufschule Weissensee
Tel +43 (0) 676 / 171 77 8
Eislaufschule Schwarzenbacher
Tel. +43 (0) 664 / 131 55 33



ICE STOCK CURLING

AN ICE SPORT WITH A LONG-STANDING TRADITION

The ice stock sport – also known as Alpine curling – enjoys great popularity in Carinthia. Especially when temperatures drop below zero, many ice stock enthusiasts have only one goal: Manoeuvring the cone-shaped ice stocks over the ice to hit a small wooden target called “Daube” in German.

- ▶ Sportzentrum Tröpolach: Martin Wieser, Tel. +43 (0) 664 / 886 304 06
- ▶ Sportzentrum Untervellach: Markus Moritz, Tel. +43 (0) 650 / 204 82 25
- ▶ Naturschwimmbad Radnig: Doris Janschitz, Tel. +43 (0) 676 / 924 47 45

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 (0) 664 / 398 247





EXPERIENCING THE MAGIC OF FRESH POWDER SNOW

SKI TOURS IN THE CARNIC AND GAILTALER ALPS

Nothing but silence around you, picturesque winter landscapes and soft powder snow: Thanks to the special micro-climate on the sunny side of the Alps, there's plenty of fresh snow falling in regular intervals. This creates perfect conditions for a ski tour in the Carnic and Gailtal Alps

GOOD TO KNOW: Ski touring means immersing yourself in nature. So please be mindful of your surroundings and the wildlife in the region! Follow the signposted routes and give the animals the space they need! This avoids unnecessary stress and disturbances, and both humans and animals can enjoy some peace and quiet in the mountains ...

SAFETY FIRST: Nothing's more important than staying safe while out and about in the mountains. Find out about the snow conditions and avalanche warnings ahead of every tour!

RULES FOR SKI TOURES ON SKI PISTS

For safety reasons, it is forbidden for pedestrians or ski toures to walk on the ski pistes at any time of day or night! In general, piste areas are closed from 5pm to 8am. 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, bivouac sack and mobile phone).
- ▶ Familiarise yourself with your emergency equipment and train how to use it.
- ▶ Weigh the risk of avalanches: Always be aware of the risk and react to danger signs! Base your decisions on strategic methods of risk assessment (e.g. „Stop or Go“). and always analyse the snowpack structure at suitable locations using medium 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!
- ▶ Constantly check whether your planning still corresponds to the current conditions!

TIPS FOR SKI TOURS

- | | | | |
|---|--------------------|----------------|---------------------|
| ▶ AUERNIG - GARNITZENBERG
RELATIVELY EASY SKI TOUR THAT IS PARTICULARLY SUITABLE FOR BEGINNERS. | ALTITUDE: 446 hm | ROUTE: 5,6 km | DURATION: 1,5 hours |
| ▶ GARTNERKOFEL
START: Staatsgrenze Nassfeld! Frequently visited ski tour with magnificent views at the summit | ALTITUDE: 657 hm | ROUTE: 3,9 km | DURATION: 1,7 hours |
| ▶ HOCHWIPFEL (2.185m)
START: Rattendorf - Rattendorfer Almweg | ALTITUDE: 1.585 hm | ROUTE: 12,3 km | DURATION: 5,3 hours |
| ▶ HOHE WARTE
Very varied tour to the highest peak of the Carnic Alps. In good conditions, ski dreams become reality here. | ALTITUDE: 1.800 hm | ROUTE: 8,5 km | DURATION: 6 hours |
| ▶ EGGER ALM
START: Garnitzenklamm-Möderndorf | ALTITUDE: 840 hm | ROUTE: 9 km | DURATION: 4 hours |
| ▶ POLUDNIG
Beautiful tour as a supplement to the ski tour to Egger Alm | ALTITUDE: 1.322 hm | ROUTE: 24,8 km | DURATION: 6,4 hours |

SKI TOURS WITH SKI TOUR GUIDE:

- | | |
|-------------------------------------|--|
| ▶ Sölle Sport: Tröpolach | Tel +43 (0) 4285 / 7100 |
| ▶ Harald Assinger: St. Paul/Gailtal | Tel +43 (0) 4283 / 2107 oder +43 (0) 664 / 111 95 88 |
| ▶ Sepp Szöke: Weissbriach | Tel +43 (0) 4286 / 458 oder +43 (0) 664 / 337 29 67 |
| ▶ Go Vertical: Kötschach-Mauthen | Tel +43 (0) 664 / 352 73 05 oder +43 (0) 650 / 703 30 35 |





**MOUNTAINS
& LAKES**
WORLD CUP

Nassfeld
Pressegger See

nice surprise



HORSE-DRAWN SLEIGH RIDES

► ROMANTIC HORSE-DRAWN CARRIAGE RIDE IN TRÖPOLACH - daily except tuesday

START:	2.00 pm
MEETING POINT:	Falkensteiner Hotel & Spa Carinzia
DURATION:	1 hour
PRICE:	€ 15,- per adult / € 10,- per child
REGISTRATION:	by 7.00 pm the day before at the family Haberle Tel +43 (0) 650 / 486 06 09

► ROMANTIC HORSE-DRAWN CARRIAGE RIDE IN NASSFELD - Tuesdays

START:	3.00 pm
MEETING POINT:	Hotel Gartnerkofel
DURATION:	1 hour
PRICE:	€ 17,- per adult / € 10,- per child (4-10 persons)
REGISTRATION:	by 6.00 pm the day before at the family Haberle Tel +43 (0) 650 / 486 06 09

► HORSE-DRAWN CARRIAGE RIDE IN GAILTAL

DURATION:	1 hour
PRICE:	€ 90,- / hour for 4-6 persons
REGISTRATION:	the day before at Gratzner Martina Tel +43 (0) 650 / 261 07 93

KÄRNTEN
It's my life!