



MOUNTAINS
& LAKES
WORLD OF



nice surprise

SUMMER ACTIVPROGRAM

08.06. – 22.09.2024



KÄRNTEN
It's my life!



SUSTAINABLE REGION IN AUSTRIA

Energy. Mobility. Regional cuisine. Suaber and honestly produced products.

If you want to change something for the better in a sustainable way, you have to pull a lot of levers. This is exactly what the Nassfeld-Pressegger See, Lesachtal and Weissensee region is doing. It sets a good example in many ways and was awarded the title of "Austria's most sustainable region" for its commitment.

www.natuerlich-wir.com

FReD the electric car for hire - be independent and flexible - climate-friendly through the region. Because FReD can be rented by anyone who needs a vehicle or who simply wants to cruise around in an electric vehicle - whether by the hour or over the weekend. Simply book in via the app!

www.fred-fahren.at

Are you travelling without a car, but don't want to miss out on reaching all the highlights in the World of Mountains & Lakes in comfort? How convenient that the holiday destination offers everything in terms of mobility that makes getting around uncomplicated and comfortable!

Thanks to the well-developed bus network in the Nassfeld-Pressegger See region, it is easy to simply leave the car behind during your holiday. And it gets even better!

With the **+CARD holiday** or the **GästeCard Basic** in your luggage, you can use the public transport free ... even as far as Lesachtal! Furthermore, the ÖBB S-Bahn trains can be used free throughout Carinthia.!

We also recommend public transport for some programme points - you can see this by the pictograms!



Here you can find the right public line quickly and easily





ENJOY. ACTIVITIES. SUSTAINABLY.

Special nature experiences designed in a sustainable way make it possible to enjoy, among other things, the contributions we also make to reducing greenhouse gas emissions within the framework of leisure activities as the „Most Sustainable Region in Austria“ (awarded by the Austrian Ministry for Climate Action and Climate Fund).

With „GREEN Experiences“, we provide selected services based on criteria that enable you to enjoy sustainability in a special way. Qualified guides as nature ambassadors, or rural food artisans convey regionality of inform about sustainability measures in the region. In the way. You can experience originality and learn to appreciate it (again).

By the way: Did you know that 97% of our mountain world is almost completely pristine?

- ▶ Slow Food Travel – Experience modules
- ▶ Guided hiking and biking tours
- ▶ Guided culinary tours
- ▶ Guided energy experience tours
- ▶ Accessible hiking tours



„GREEN Experiences“ Impressions instead of footprints – here, of course

- ▶ Fascination bees – from the honeycomb into the jar
- ▶ Canyoning through hydropower
- ▶ Leisure tour in the Weissensee Nature Park

About behaviour in nature:

In Carinthia, a great many plants are under nature protection, which means that neither the above-ground nor the below-ground parts may be removed. This of course also applies to the unique *Wulfenia Carinthica*, which is endemic only around the Gartnerkofel at Nassfeld.

Careful treatment of nature includes not throwing away waste - including cigarette butts. Empty bottles should be taken home. It is important to stay on the paths and avoid shortcuts. Animals must not be disturbed or distressed. Noise is frowned upon. Dogs must be kept on a leash and their droppings must be disposed of properly. The principle applies that nothing should be noticeable from the stay in nature and afterwards - then one has behaved properly.

SUMMER ACTIVPROGRAMM

08.06. – 22.09.2024

DAILY

- Lamatrekking
- Golf „Pay & Play“
- Family Rafting - The Adventure on the river Gail (End of august)
- The Riding Adventure in the Mountains: Monday – Saturday
- Bikeschool Nassfeld – Singletrail course: Sunday - Friday

MONDAY

- SUP – Get know Stand up Paddling on Pressegger See
- MTB Basics - Learn & Ride in Tröpolach
- Fascination bee and honey in the „Erlebnisimkerei Kronhofer“
- Indoor-Archery in the KLE-SCH Climbing and shooting centre in St. Daniel
- NEW: Canyoning with hydropower
- Raft building on Lake Pressegger See - Hermagor lido

TUESDAY

- Hiking tour to the Möselalm
- Yoga on the mountain with Ulli – Madritschen Topstation
- Single Trail Kids & Family
- Taster climbing on the Plattnerfels - Sonnenalpe Nassfeld
- Practice climbing on the water rock in Tröpolach
- E-Bike Tour Guggenberg

WEDNESDAY

- Geotrail hiking tour „KRONE“
- E-Bike tour to Bled (Slovenia)
- Yoga at the Lake – Lida Oswald „Seehexe“ in Passriach
- Old town walk in Hermagor
- Sunrise hiking tour to the Gartnerkofel
- SUP – Get to know Stand up paddling on Pressegger See
- Fascination bee and honey in the „Erlebnisimkerei Kronhofer“

THURSDAY

- Prevention is better than cure“ – identifying and gathering wild herbs (til 15.09.2023)
- E-Biketour Guggenberg
- Golf taster
- Single Trails Kids & Family
- Hike on smugglers' trails
- Sunriseyoga

FRIDAY

- Garnitzen gorge hike
- Cycle tour along the Alpe Adria cycle path to Venzone

The programme points may vary depending on the weather!

In the course of the guided programmes, photos are also taken - and this is also pointed out – which are published in various channels and on our website.

If you do not agree with this, please let us or the guides know.

The Programmes are all bookable: www.nassfeld.at/erlebnisse



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

PRICE: € 18,00 per person per hour
€ 12,60 per person per hour with the **+CARD holiday!**

REGISTRATION: **Booking daily!**
Familie Eichhorn
9620 Neudorf 25

Tel. +43 (0) 676 6617250



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: € 28,00 per person
€ 20,00 per person, with the **+CARD holiday!**

REGISTRATION: **Booking daily!**
Golfanlage Nassfeld Golf,
9631 Waidegg 66
Tel. +43(0) 4284 20111
www.nassfeld.at



*We recommend a
public journey!*



FAMILYRAFTING – THE ADAVENTURE ON THE RIVER GAIL



Time and meeting point will be arranged at registration!

DURATION: 1 - 1,5 hours

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

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

PRICE: € 39,90 per adult, with the **+CARD holiday reduced** € 28,00
€ 32,90 per child, with the **+CARD holiday reduced** € 23,00

REGISTRATION: **Bookable daily** - Pre-registration required!
Rafting Carnica // Kühwegboden 10 // 9620 Hermagor
office@rafting-carnica.at | Tel. +43 (0) 664 510 18 18



THE RIDING ADVENTURE IN THE MOUNTAIN

Monday - Saturday

MEETING POINT / TIME:	To be arranged at the time of registration!
GROUP SIZE:	3-7 persons Kids from 10 years!
NOTE:	Previous riding experience required! Children under 10 years riding protector required

In the summer months we offer guided trail rides in the Naturarena Nassfeld. This way you can experience the unique panorama together with our experienced horses at approx. 1500m. The calmness and surefootedness of the Noriker horses contribute to a relaxed ride. The offer appeals equally to Carinthian riding enthusiasts and holiday guests. Of course, a cosy stop for refreshments is not to be missed.

2-HOUR RIDE:	▶ Price: € 90,00 / person with the +CARD holiday € 65,00!
HALF-DAY-RIDE:	▶ on request

EQUIPMENT: Protective equipment, riding helmet, good shoes, suitable clothing!
Children under 10 years riding protector required

SUPPLIER: Haberle Noriker – Daniel Haberle
Sussawitsch 14 | 9623 St. Stefan/Gail | www.noriker-haberle.at

REGISTRATION: The day before until 4 pm - Hotel Gartnerkofel
Tel. +43 (0) 4285 8175



BIKESCHOOL NASSFELD – SINGLETRAIL KURSE

Faster. Safer and easier

DOWNHILL WITH THE RIGHT DOWNHILL TECHNIQUE

Daily from Sunday - friday

SINGLETRAIL – Basic

- ▶ from 8 years
- ▶ Price: € 59,00**
- ▶ Start: 10 am
- ▶ DURATION: 3 hours

SINGLETRAIL Pro:

- ▶ from 14 years*
- ▶ Preis: € 36,00**
- ▶ Start: 10 am
- ▶ DURATION: 3 hours

COURSE CONTENT:

Bike setup, technical basics of the freeride bike, body position, balance & stability, cornering technique & steep descent

CONDITIONS:

Basic knowledge of mountain biking, sturdy shoes, bike gloves and suitable clothing.

Own lift ticket required!

With the +CARD holiday the mountain railway is free - except bike transfer!

MEETING POINT:

Bikeschool Nassfeld – (Valley station Madritschen Sesselbahn)

INFO & REGISTRATION:

ALPE ADRIA SPORTS - BIKESCHOOL NASSFELD

Tel. +43 676 843 555 722

www.alpeadria-sports.com | info@alpeadria-sports.com

* Children under 14 years of age may participate subject to a guide's decision!

** Minimum number of participants 4 persons



MONDAY

SUP – GET TO KNOW the Stand up Paddling - PRESSEGGER SEE

MEETING POINT:	10:30 am SUP-Center Strandbad Hermagor-Pressegger See
DURATION:	about 1,5 hours
NOTE:	Children form 14 years – children must be able to swim! max. 10 people per cours!

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



We recommend a
public journey!



MONDAY

MTB BASICS - LEARN & RIDE

MEETING POINT: 10 am Sölle Sport Tröpolach (Valley station Millennium-Express) **DURATION:** about 2 hours

NOTE: Children from 8 - 14 years only in company of an adult!
Disclaimer must be signed by a parent.

Learn how to control you mountain bike!

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!

COSTS: € 39,00 per adults, with **FREE** of charge with the **+CARD holiday!**
€ 28,00 per child **FREE** of charge with the **+CARD holiday!**
MTB rental incl. helmet possible on site!
€ 18,00 for the duration of the course! Hand out 15 minutes before the course starts

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



MONDAY

FASCINATION BEE UND HONEY in the Erlebnisimkerei Kronhofer

MEETING POINT:	10 am Erlebnisimkerei Kronhofer - 9620 Mitschig 9		
DURATION:	about 2 hours	Maximal:	20 persons

A morning at the open beehive!

See how the bees bring nectar into the hive and learn how it becomes delicious honey. Afterwards, fresh honey will be extracted! Taste various types of honey, such as forest honey, alpine rose honey and dandelion honey, as well as other bee products such as flower pollen, propolis, oxymel and bear catch!

HIGHLIGHTS:

- ▶ Tasting of various types of honey and bee products.
- ▶ Small honey gift
- ▶ Experience beekeeping at first hand

COSTS: € 13,00 per adults, with the +CARD holiday ermäßigt € 8,00
€ 7,00 pro child, with the +CARD holiday ermäßigt € 4,00

REGISTRATION: PRE-REGISTRATION REQUIRED!
Until the day before 5 pm
Erlebnisimkerei Kronhofer
info@kronhofer.at | Tel. +43 (0) 650 7783415



We recommend a
public journey!



MONDAY

INDOOR-ARCHERY
in the KLE-SCH „Climbing and Shooting Centre“ in St. Daniel

MEETINGPOINT:	3:30 pm KLE-SCH Kletter- und Schießzentrum - 9635 St. Daniel 100
DURATION:	about 2 hours
NOTE:	Childrean from 8 years! Group size 2-12 persons - registration required

In the footsteps of Robin Hood: archery for the whole family - at the new climbing and shooting centre in St. Daniel - Carinthia's most modern indoor archery facility. Try your hand at this traditional sport with modern recurve bows - including rental equipment, training, target practice and a run through the 3D course.

Our 3D indoor archery facility is completely weather-independent and absolutely safe due to the course regulations. Whether you want to learn the sport or perfect it, the facility at the KLE-SCH is ideal for beginners, advanced players and professionals. It can be used by everyone after training and instruction.

COSTS: € 30,00 per adult, **FREE** of charge with the **+CARD holiday!**
€ 28,00 per child (8-14 years) **FREE** of charge with the **+CARD holiday!**

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



*We recommend a
public journey!*



MONDAY

CANYONING WITH HYDROPOWER

MEETINGPOINT:	10:00 am parkingplace Plöckenhaus
DURATION:	ca. 2 – 2,5 hours
TIPP:	children from 12 years! Good swimming skills, surefootedness & no fear of heights! min. 2 – max. 5 people

On our family canyoning tour, you will experience the element of water in its most pristine form. After changing and getting our equipment, we start together with a 10-minute ascent and briefing. We slide over small waterfalls, jump into pools and experience the special character of the gorge.

EQUIPMENT: Wetsuit, canyoning belt & helmet included;
Swimwear and sturdy shoes are required (these will get wet)

PRICE: € 65,00 per person,, with the **+CARD holiday for FREE!**

REGISTRATION: **PRE-REGISTRATION REQUIRED!**
the day before until 2 pm!
Bergsport Südalpen
info@bergsport-suedalpen.at // Tel. +43 (0) 664 3527305



MONDAY

RAFTBUILDING AT PRESSEGGER SEE LIDO HERMAGOR

START:	09:30 am Lido Hermagor
DURATION:	ca. 3 hours
TIPP:	children must be able to swim! Non-swimmers must be accompanied by a parent min. 4 – max. 30 people

Dive into the adventure of raft building with your family or in a group and experience an unforgettable morning on idyllic Lake Presseggersee. Together you will build your own raft and then put it through its paces on the waters of the lake.

EQUIPMENT:	Swimwear, towel, swimming skills
PRICE:	€ 30,00 per person,, with the +CARD holiday € 24,00
REGISTRATION:	PRE-REGISTRATION REQUIRED! The day before until 5pm Adventure Sports – Marco Koller Tel. +43 (0) 677 620 13 179



TUESDAY

LEISURELY ALPINE PASTURE HIKING TOUR to th Möselalm

MEETING POINT: 10 am Gemeindeamt Weißbriach	DURATION: ca. 4 - 5 Stunden
NOTE	ASCENT: about 400 hm
ROUTE: 10 km Children from 8 years!	

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!

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

BUS CONNECTION: DEPARTURE station Hermagor 9:36 am
ARRIVAL Weissbriach 9:51 am

DEPARTURE Weissbriach 2:05 | 3:05 | 4:05 pm
ARRIVAL Hermagor Bahnhof 2:25 | 3:25 | 4:25 pm

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



We recommend a
public journey!



TUESDAY

YOGA ON THE MOUNTAIN with ULLI
upper station Millennium-Express - Madritsche

MEETING POINT: 10 am upper station Millennium-Express

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
mind. 2 persons - max. 10 persons

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!

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

REGISTRATION: **PRE-REGISTRATION REQUIRED!**
The day before until 4 pm!
Ulli´s Mount´nFIT – Ulrike Eder
Tel. +43 (0) 676 5719391
www.mountain-fit.at



TUESDAY

NEW: SINGLE TRAIL KIDS & FAMILY

MEETINGPOINT:	1:30 pm Bikeschool Nassfeld (Topstation Madritschen chairlift)	DURATION: ca. 2 hours
TIPP:	children from 8 years and height at least 130 cm Basic MTB knowledge! min. 3 to max. 8 people!	

Adventure on two wheels: Children accompanied by at least one parent get to know the fascination of mountain biking.

EQUIPMENT: Helmet compulsory for all, good shoes, suitable clothing, weather protection, sun protection, snacks, drinks, own bike and lift ticket!
MTB hire possible on site!

COST: € 49.00 per adult, **FREE with the +CARD holiday!**
€ 36.00 per child, **FREE with the +CARD holiday!**

REGISTRATION: PRE-REGISTRATION REQUIRED!
The day before until 16:00! Alpe Adria Sports
info@alpeadria-sports.com // Tel. +43 (0) 4285 8247



TUESDAY

TASTER CLIMBING - PLATTNERFELS on the Sonnenalpe Nassfeld

MEETING POINT:	09:30 am - Plattnerfels Route to the Plattnerfels- car park opposite Almhotel Kärnten on the Nassfeld approx 15 minutes from the car park to the climbing garden.
DURATION:	about 2 hours
NOTE:	Children from the age of 8 accompanied by a caregiver who actively takes part in the programm! No fear of heights and no fear of giddiness!! Max. 9 persons!

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 persos, **FREE** of charge with the **+CARD holiday!**
Guided by a state-certified mountain guide!

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

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



TUESDAY

PRACTICE CLIMBING AT THE WATERROCK in Tröpolach

MEETING POINT:	10 am Tröpolacher Waterfall – 1. Curve Nassfeldpasstraße
DURATION:	about 2 - 3 hours
NOTE:	Children from 6 years only with accompanying person! No fear of heights, surefootedness, sturdy shoes with tread! Children up to 14 years with accompanying person. Swimwear for the ultimate for the ultimate cool down with a jump into the waterfall!
PARTICIPANTS:	min. 2 – max. 12 persons

A special day for all those who want to get to know the diversity of climbing. We climb high on the rock, secured by an experienced climbing guide (top rope). We also climb up a short via ferrata and abseil down again afterwards. For the brave ones there is also the 'cable car ride' directly above the waterfall.

PRICE: € 48,00 per adult, **FREE** of charge with the **+CARD holiday!**
€ 38,00 pro Kind **FREE**, of charge with the **+CARD holiday!**

REGISTRATION: **PRE-REGISTRATION REQUIRED!**
The day before until 4 pm!
ALPE ADRIA SPORTS - BIKESCHOOL NASSFELD
Tel. +43 676 843 555 722
www.alpeadria-sports.com | info@alpeadria-sports.com



TUESDAY

E-BIKE TOUR to the GUGGENBERG

MEETINGPOINT:	09:30 am Tröpolach Millennium-Express
DURATION:	ca. 4 hours
ROUTE: 28,9km	ASCENT: ca. 630 hm
TIPP:	min. 2 – max. 9 people

It is the local mountain of Hermagor and is known for its magnificent views - always accompanied by the unique panorama of the Carnic Alps. The Guggenberg is ideal for an e-bike tour as it offers plenty of variety - tarmac roads, gravel paths and short sections along forest tracks are all part of the route. The route back leads via the small mountain village of Kreuth, on to Rattendorf and from there along the valley floor back to the starting point.

EQUIPMENT: Helmet compulsory, sports shoes, cycling clothing, weather protection, sunprotection!
We recommend bringing a rucksack with snacks and drinks.

PRICE: guided E-Bike-Tour: 40,00 per person, with the **+CARD holiday FREE!**
E-bike hire possible on site - reservation required
Sölle Sport +43 (0) 285 7100

REGISTRATION: **PRE-REGISTRATION REQUIRED**
The day before to 4pm!
ADVENTURE SPORTS – Marco Koller
Tel. +43 (0) 677 / 614 29827



WEDNESDAY

GEOTRAIL HIKING TOUR „KRONE“

MEETING POINT:	9 am Valley Station Millennium-Express 10:15 am Valley Station Gartnerkofel Sesselbahn
DURATION:	about 4-5 hours
NOTE:	Childrean 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
COSTS:	€ 15,00 per person, FREE of charge with the +CARD holiday!
REGISTRATION:	PRE-REGISTRATION REQUIRED! The day befor til 4 pm Info- und Servicecenter Nassfeld-Pressegger See info@nassfeld.at // Tel. +43 (0) 4285 8241



WEDNESDAY

E-BIKETOUR FROM THÖRL-MAGLERN TO BLED

ROUTE:	ca. 65 km	PARTICIPANTS: min. 4 – max. 30 people
TIPP:	Take a valid travel document with you!	Children from 12 years!

Bahnhof Kötschach	07:43 AM		
Dellach	07:52 AM		
Kirchbach Gasthof Golob	08:03 AM		
Tröpolach Ort (Samerhof)	08:15 AM		
Bahnhof Hermagor	08:30 AM		
Pressegger See - Europarcs	08:50 AM		
Nötsch - Pizzeria - Trattoria	09:10 AM	Departure Bled – behind the Icehall	16:00 pm
Thörl Maglern - Grenze	09:25 AM	Arrival in Hermagor	ca. 18:25 pm

The cycle bus takes you comfortably to the border at Thörl Maglern. From here, the approximately 64-kilometre tour starts to Bled, a beautiful town in Slovenia. The town is famous for Bled Castle, which towers on a rock above the town and the lake. Lake Bled in particular is a highlight with a marvellous view of the surrounding mountain scenery. Another highlight are the Bled cream slices - a special dessert that you can sample in various cafés.

PRICE: € 39,00 per adult, with the **+CARD holiday FREE!**
 € 29,00 pro Kind, mit der **+CARD holiday GRATIS!**

REGISTRATION: **PRE-REGISTRATION REQUIRED**
 the day before 4pm!
 Info- & Servicecenter Nassfeld-Pressegger See
info@nassfeld.at // Tel. +43 (0) 4282 2043



WEDNESDAY

YOGA - PRESSEGGER SEE with ULLI
im lido „Seehexe“ in Passriach

MEETING POINT: 7:30 am lido „Seehexe“ in Passriach

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
mind. 2 Persons – max. 10 Persons

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!

COSTS: € 25,00 per person, **FREE** of charge with the **+CARD holiday!**

REGISTRATION: **PRE-REGISTRATION REQUIRED!**
The day before until 4 pm!
Ulli´s MountainFIT – Ulrike Eder
Tel. +43 (0) 676 5719391
www.mountain-fit.at



WEDNESDAY

OLD TOWN WALK IN HERMAGOR

MEETING POINT: 9:30 am Hermagor – entrance catholic church (Hauptplatz)
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.

COSTS: € 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 // Tel. +43 (0) 4285 8241



*We recommend a
public journey!*



WEDNESDAY

SUNRISE HIKING TOUR to the Gartnerkofel

MEETING POINT: Time and meeting point will be announced at registration!

DURATION: about 4 hours **ASCENT:** about 615 hm

Children from 14 years – max. 7 persons

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)!

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

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



WEDNESDAY

SUP – GET TO KNOW the Stand up Paddling - PRESSEGGER SEE

MEETING POINT:	10:30 am SUP-Center Strandbad Hermagor-Pressesegger See
DURATION:	about 1,5 hours
NOTE:	Children from 14 years – children must be able to swim! max. 10 persons per cours!

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



We recommend a public journey!



WEDNESDAY

FASCINATION BEE UND HONEY in the Erlebnisimkerei Kronhofer

MEETING POINT:	10 am Erlebnisimkerei Kronhofer - 9620 Mitschig 9	
DURATION:	about 2 hours	Max. 20 persons

A morning at the open beehive!

See how the bees bring nectar into the hive and learn how it becomes delicious honey. Afterwards, fresh honey will be extracted! Taste various types of honey, such as forest honey, alpine rose honey and dandelion honey, as well as other bee products such as flower pollen, propolis, oxymel and bear catch!

HIGHLIGHTS:

- ▶ Tasting of various types of honey and bee products.
- ▶ Small honey gift
- ▶ Experience beekeeping at first hand

COSTS: € 13,00 per adults, with the +CARD holiday ermäßigt € 8,00
€ 7,00 pro child, with the +CARD holiday ermäßigt € 4,00

REGISTRATION: PRE-REGISTRATION REQUIRED!
Until the day before 5 pm
Erlebnisimkerei Kronhofer
info@kronhofer.at | Tel. +43 (0) 650 7783415



We recommend a
public journey!



THURSDAY

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

MEETING POINT: 10 am Schloss Lerchenhof
(9620 Untermöschach 8)

DURATION: about 2,5 hours

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!

COSTS: € 15,00 per perso, **FREE** of charge with the **+CARD holiday!**
Material costs € 8,00

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



*We recommend a
public journey!*



THURSDAY

E-BIKE TOUR - GAILTALTOUR

MEETING POINT:	09:30 am	Adventure Sports – Tröpolach Millennium-Express
DURATION:	about 3-4 hours	
ROUTE: 44 km	ASCENT:	about 220 hm
NOTE: children from 10 years!		

The starting point is in Tröpolach directly at the Millennium Express. From there, the route leads along the cycle path to Hermagor. In Obervellach there is the option of joining the route. The route continues to Lake Pressegger See, along the northern shore almost to the eastern end of the lake. After a small climb, we reach an alpine-like landscape with breathtaking nature. From there, the route leads back towards Gail, where we then head back towards the starting point.

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

COSTS: € 40,00 per person, **FREE** of charge with the **+CARD holiday!**
E-bike rental possible on site - Reservation required!
Sölle Sport +43 (0) 4285 7100

REGISTRATION: **PRE-REGISTRATION REQUIRED!**
The day before until 4 pm!
ADVENTURE SPORTS – Marco Koller
Tel. +43 (0) 677 614 29827



THURSDAY

GOLF TASTER

START: 4 pm Golfanlage - Nassfeld Golf

DURATION: about 1 hour

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 - Waidegg golf course.

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

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



*We recommend a
public journey!*



THURSDAY

NEW: SINGLE TRAIL KIDS & FAMILY

MEETINGPOINT:	1:30 pm Bikeschool Nassfeld (Topstation Madritschen chairlift)	DURATION: ca. 2 hours
TIPP:	children from 8 years and heigh at least 130 cm Basic MTB knowledge! min. 3 to max. 8 people!	

Adventure on two wheels: Children accompanied by at least one parent get to know the fascination of mountain biking.

EQUIPMENT: Helmet compulsory for all, good shoes, suitable clothing, weather protection, sun protection, snacks, drinks, own bike and lift ticket!
MTB hire possible on site!

COST: € 49.00 per adult, **FREE with the +CARD holiday!**
€ 36.00 per child, **FREE with the +CARD holiday!**

REGISTRATION: PRE-REGISTRATION REQUIRED!
The day before until 4pm Alpe Adria Sports
info@alpeadria-sports.com // Tel. +43 (0) 4285 8247



THURSDAY

HIKING ON OLD SMUGGLER TRAILS
followed by a stop at the Winkelalm

MEETING POINT: 10:05 am Nassfeldpass Border DURATION: 3- 4 hours

ROUTE: 8 km ASCENT: about 450 hm

NOTE: Children from 8 years

On foot in summer and winter, in wind and all weathers and mostly at night, goods used to be smuggled across the border. Today, our mountain hiking guides lead the hiking groups along the old paths between Austria and Italy..

The tour leads along varied paths, through a larch forest and a beautiful high plateau to the Winkelalm (refreshments available) and back to the state border.

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

COSTS: € 15,00 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



THURSDAY

SUNRISE YOGA
(11.07., 25.07., 08.08., 22.08.)

MEETING POINT & TIME:	will be announced at the REGISTRATION
DURATION:	about 3,5 hours
NOTE:	Busshuttle to the Tröpolacher Alm! Childrean from 8 years!

We drive together to the Tröpolacher Alm, which lies at 1658hm. Nearby is a small lake where we make ourselves comfortable with our yoga mats. There we enjoy the "flow" directly into the sunrise. An incredible feeling and positive mood in the early morning! As a reward we have a typical alpine breakfast, with the self-produced food from the alp. This is pure nature!

COSTS: Yoga € 49,00 per person **FREE** of charge with the **+CARD holiday!**

REGISTRATION: **PRE-REGISTRATION REQUIRED!**
The day before until 4 pm!
Ulli´s Mount´nFIT – Ulrike Eder
Tel. +43 (0) 676 5719391
www.mountain-fit.at



FRIDAY

GARNITZEN GORGE HIKING TOUR On the tracks of the geo trail

MEETING POINT: 10 am Access to the Garnitzenklamm **DURATION:** 5 - 6 hours

ROUTE: 6 km

ASCENT: ca. 615 hm

NOTE: Children from 12 years!

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!


COSTS: € 15,00 per person, **FREE** of charge with the **+CARD holiday!**
€ 3,50 per person - Maintenance

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



FRIDAY

BIKETOUR ALONG THE ALPE ADRIA CYCLING to Venzone

	08:30 am	Departure station Hermagor	4 pm	Departure Venzone
	Ca. 6:25 pm	Arrival Hermagor		
	ROUTE: 65 km		NOTE: ★ Do not forget a valid travel document! children from 12 years!	

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

Weitere Zustiegsstellen:

- 07:43 am Kötschach Bahnhof
- 07:52 am Dellach Ort
- 08:03 am Tröpolach Ort (Hotel Samerhof)
- 08:30 am Bahnhof Hermagor
- 08:50 am Pressegger See (EuroParcs)
- 09:10 am Nötsch – Pizzeria – Trattoria Friaul
- 09:25 am Thörl-Maglern (ehem. Grenze)



We recommend a public journey!

COSTS:

€ 39,00 per adult, **FREE** of charge with the **+CARD holiday!**
 € 29,00 per child, **FREE** of charge with the **+CARD holiday!**

REGISTRATION:

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



NASSFELD-PRESSEGGER SEE - SUNSKIWORLD

110 km Slopes

25 Ski huts & piste restaurants in Austria and Italy

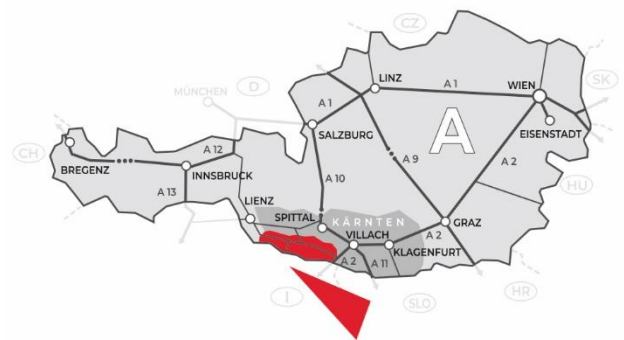
30 Cable cars & lifts

NEW from winter 2024/25: 6SBK „Tröglbahn“

80 km Cross-country ski trails / toboggan runs

Ski touring paradise Lesachtal

Nature ice skating on the Pressegger See & Weissensee



CONTACT & INFORMATION

Info- & Servicecenter Nassfeld-Pressegger See

Wulfeniaplatz 1

9620 Hermagor

+43 (0) 4285 8241

info@nassfeld.at www.nassfeld.at