

# SUMMER ACTIV PROGRAM 2025

09.06.- 21.09.2025

EN







## ACTING SUSTAINABLY TOGETHER

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

If you want to make a lasting change for the better, you have to pull out all the stops. This is exactly what the Nassfeld-Pressegger See, Lesachtal and Weissensee region is doing. It sets a good example in many ways and has been awarded the title of "Austria's most sustainable region" for its commitment.  
[www.natuerlich-wir.com](http://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 simply wants to cruise around in an electric vehicle - whether by the hour or over the weekend!  
Simply book via the app! [www.fred-fahren.at](http://www.fred-fahren.at)

Are you traveling without a car, but don't want to miss out on convenient access to all the highlights in the Nassfeld-Pressegger See region? How convenient that the vacation destination offers everything you need to get around easily and conveniently! Thanks to the well-developed bus network in the Nassfeld-Pressegger See region, it's easy to leave the car behind during your vacation. And it gets even better!

With the +CARD holiday or the GästeCard Basic in your luggage, you can use public transport free of charge ... even as far as Lesachtal! You can also use the ÖBB S-Bahn trains throughout Carinthia free of charge!

For some program points we also recommend public transportation - you can see this by the pictograms!

Here you can quickly and easily find the right public transport line!







## SUSTAINABLE EXPERIENCE.

Special nature experiences designed to be sustainable make it possible to experience, among other things, the contributions we make to reducing greenhouse gas emissions as part of leisure activities as "Austria's most sustainable region" (award from the Austrian Ministry of Climate Protection and Climate Fund). With "GREEN Experiences", we have awarded selected offers based on criteria where you can experience sustainability in a special way. Trained guides as nature ambassadors or rural food artisans convey regionality or provide information about sustainability measures in the region.

This way, you can feel the originality and learn to appreciate it (again). By the way: Did you know that 97% of our mountain world is almost completely unspoiled?

- Slow Food Travel - experience modules
- Guided hiking and bike tours
- Guided pleasure tours
- Energyexperience tours
- Barrier-free hiking



"GREEN Experiences" Impressions instead of footprints - naturally here

- Fascination of bees & bee honey at the Kronhofer adventure apiary
- 3 Alpine pastures hike
- Canyoning through hydropower
- Yoga on the mountain - Kofelplatz - Madritsche mountain station
- Junior nature ambassador
- Mountain adventure hike for beginners

### About behavior in nature:

In Carinthia, many plants are protected, which means that neither the above-ground nor underground parts may be removed. This naturally also applies to the unique Wulfenia Carinthisch, which is endemic to the Gartnerkofel on the Nassfeld.

Careful treatment of nature includes not throwing away waste - including cigarette butts. Empties should be taken home with you. It is important to stay on the paths and avoid shortcuts. Animals must not be disturbed or disturbed. Noise is frowned upon. Dogs must be kept on a lead and their droppings must be disposed of properly. The principle is that there should be no trace of your stay in nature and afterwards - then you have behaved correctly.



## OVERVIEW SUMMER ACTIVITY PROGRAM 09.06. - 21.09.2025

### DAILY PROGRAM

Llama trekking  
 Family rafting on the Gail  
 Canyoning through hydropower  
 Golf "Pay and Play"  
 The riding adventure in the mountains - 2-hour ride or half-day ride  
 Guided hikes in the market town of Kirchbach

### MONDAY

MTB Basics - Learn & Ride  
 Indoor archery at the KLE-SCH climbing and shooting center in St. Daniel  
 SUP introduction on Lake Pressegger See  
 Junior nature ambassador  
 Mountain adventure hike for beginners  
 Fascination of bees & bee honey at the Kronhofer adventure apiary

### TUESDAY

Leisurely hike to the Möselalm  
 Yoga on the mountain - Kofelplatz - Madritsche mountain station  
 Taster climbing on the Plattnerfels on the Sonnenalpe Nassfeld (in bad weather in the KLE-SCH)  
 E-bike tour on the Guggenberg  
 Single Trail Kids & Family

### WEDNESDAY

Geotrail hike "Krone"  
 E-bike tour to Bled  
 Taster climbing at the waterfall  
 SUP introduction on Lake Presseggersee  
 Yoga by the lake - at the Oswald "Seehexe" lido in Passriach  
 Gartnerkofel sunrise hike  
 Fascination of bees & bee honey at the Kronhofer adventure apiary

### THURSDAY

Rosskofel summit hike  
 3 alpine pastures hike  
 Herbal hike "Prevention is better than cure - recognizing and collecting wild herbs"  
 Golf taster at 2 & 3 pm by appointment  
 E-bike tour - Gailtal tour  
 Single Trail Kids & Family

### FRIDAY

Garnitzenklamm gorge hike  
 Cycle tour to Venzone, along the Alpe Adria cycle path  
 Walk through the old town of Hermagor  
 Taster climbing at the waterfall

All guided tours are at your own risk and may be subject to change depending on the weather!



Here you can take the public bus to the program!  
**FREE with the +CARD holiday!**







## DAILY

## LAMATREKKING

Time and meeting point will be arranged at registration!

Would you like to hike with llamas (llama trekking), observe llamas and let their relaxing effect work on your soul? Or would you like to celebrate your birthday or anniversary with llamas and alpacas? Or would you like to finally experience and understand the difference between llamas and alpacas in person? Then you've come to the right place, because we have both llamas and alpacas and offer mixed hikes and birthday parties with both species!

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

**PRICE:** € 40,00 per llama per hour  
€ 28,00 per llama per hour **with the +CARD holiday!**

**REGISTRATION:** BOOKABLE DAILY!  
Family Eichhorn  
9620 Neudorf 25  
info@lamaland.at // Tel. +43 (0) 676 661 7250  
www.lamaland.at





## DAILY

### FAMILYRAFTING - THE ADVENTURE ON THE RIVER GAIL

	Time and meeting point will be arranged at registration!
<b>DURATION:</b>	ca. 1 - 1,5 hours
<b>NOTE:</b>	With the +CARD holiday in the period from <b>15.05. - 11.06.2025 wednesday FREE!</b>

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 wonderful waves and small rapids. But don't worry! Children as young as 4 can take part in the family rafting tour. Experienced rafting guides ensure high safety standards and guarantee you a soaking wet vacation experience!

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

**PRICE:** € 40,90 per adult **with the +CARD holiday reduced € 29,00**  
€ 33,90 per child **with the +CARD holiday reduced € 24,00**

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





**DAILY**

## CANYONING THROUGH WATER POWER



**MEETING POINT:** 10:00 a.m. Plöckenhaus parking lot (Plöckenpass Kötschach-Mauthen)

**DURATION:** approx. 2 - 2,5 hours

**PARTICIPANTS:** min. 2 - max. 9 people

**NOTE:** Children aged 12 and over

Good swimming skills, sure-footedness & no fear of heights!

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!)

**COST:** € 65.00 per person, with the +CARD holiday € 58,00  
Tuesday FREE with the +CARD holiday!

**REGISTRATION:** Pre-registration required!  
The day before until 14:00!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Bergsport Südalpen  
[info@bergsport-suedalpen.at](mailto:info@bergsport-suedalpen.at) // Tel. +43 (0) 664 3527305

Public arrival  
possible!



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## DAILY

### GOLF „PAY & PLAY“

Appointment by telephone arrangement!

Experience pure golfing pleasure in the Gailtal! Whether you are a passionate golfer or a new-comer - here in the Gailtal Valley you can enjoy the Mediterranean climate and absolute tranquillity and will be delighted by our lush greens, the extensive pond landscapes and an incredible variety of internationally protected plants and animals on your personal round.

Play on our 18-hole championship course, improve your game on our 6-hole practice course and our spacious putting/chipping/pitching area or with tips from our pro. Our team is looking forward to your visit and a great game of golf with culinary pampering.

**PRICE:** Daily green fee € 30,00 per person per day  
Daily green fee € 20,00 per person per day, **with the +CARD holiday!**

**REGISTRATION:** **BOOKABLE DAILY!** - Registration required!  
Golfanlage Nassfeld Golf  
9631 Waidegg 66  
office@nassfeld.golf // Tel. +43 (0) 4284 20111  
www.nassfeld.golf

**Public arrival  
possible!**







**MONDAY - SATURDAY**

## THE RIDING ADVENTURE IN THE MOUNTAINS

**NOTE:**

Meeting point and time will be announced upon registration!

Group size: 3-7 people Children aged 10 and over!

In the summer months we offer guided trail rides in the Nassfeld nature arena. Together with our experienced horses, you can experience the unique panorama at approx. 1500m. The calmness and sure-footedness of the Noriker horses contribute to a relaxed ride. The offer appeals to Carinthian riding enthusiasts and vacation guests alike. A cozy stop for refreshments is of course a must.

**2-HOUR RIDE:**

Price: € 100.00 / person **with the +CARD holiday € 75.00**  
**Monday, Wednesday and Friday only**

**HOLIDAY RIDE:**

Price: € 190.00 / person **with the +CARD holiday € 150.00**  
**Saturday only**

**EQUIPMENT:**

Protective equipment, riding helmet, good shoes, suitable clothing!  
For children under 12 years - riding protector required!

**PROVIDER:**

Noriker Haberle - Daniel Haberle  
Sussawitsch 14 | 9623 St. Stefan/Gail  
[www.noriker-haberle.at](http://www.noriker-haberle.at)

**REGISTRATION:**

The day before until 8 pm - Hotel Gartnerkofel  
Tel. +43 (0) 4285 8175





ON REQUEST

## GUIDED HIKES MARKET TOWN KIRCHBACH in July & August

Dates, meeting point and further information will be announced upon registration!

Varied hiking program of guided tours with experienced hiking guides - from historical routes to flowering alpine meadows to mysterious, abandoned villages - e.g. sunrise on the Poludnig, summit enjoyment on the Findenig or herbal knowledge with Anita Lederer. Enjoy regional specialties, tranquil mountain lakes and spectacular views. Easy to moderately difficult tours.

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

**COST:** € 15.00 per person, **FREE with the +CARD holiday!**

**REGISTRATION:** Pre-registration required!  
The day before until 12:00 noon!  
Kirchbach market town  
Tel. +43 (0) 4284 228 - 33





**MONDAY**

## MTB BASICS - LEARN & RIDE

**MEETING POINT:** 10 am Sölle Sport Tröpolach, 9631 Tröpolach 155

**DURATION:** about 2 hours

**NOTE:** Children from 8 - 14 years need a disclaimer!

Learn how to master your mountain bike!

Are you a mountain bike beginner or do you already have some MTB experience? Would you like to learn the basics properly to increase your safety and riding enjoyment?

Our "Learn & Ride" MTB course combines a one-hour riding technique training session in the practice area and on the "pump track", followed by an off-road ride to test what you have learned under the guidance of your instructor.

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

**PRICE:** € 39,00 per adult, **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 4 pm!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Alpe Adria Sports  
[info@alpeadria-sports.com](mailto:info@alpeadria-sports.com) // [www.alpeadria-sports.com](http://www.alpeadria-sports.com)





**MONDAY**

## INDOOR-ARCHERY KLE-SCH „CLIMBING- AND SHOOTINGCENTRE“ IN ST. DANIEL

**START:** 3 pm KLE-SCH in 9635 St. Daniel 100

**DURATION:** ca. 2 hours

**NOTE:** children from 8 years!  
max. 10 people

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

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

**PRICE:** € 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 4 pm!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Info- & Servicecenter Nassfeld-Pressegger See  
[info@nassfeld.at](mailto:info@nassfeld.at) // Tel. +43 (0) 4285 8241

*Public arrival  
possible!*



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## MONDAY

### SUP - GET TO KNOW THE STAND UP PADDLING PRESSEGGER SEE

**MEETING POINT:** 10:30 am - SUP-Center lido Hermagor, 9620 Presseggersee 27

**DURATION:** about 1,5 hours

**NOTE:** **Children from 8 years** – children must be able to swim!  
max. 12 people per course!

A wonderful way to slow down. Enjoy the tranquillity and views of a fantastic mountain world in the middle of the lake or head for secluded spots and simply leave everything behind. Stand-up paddling is the perfect combination of slowing down, enjoying nature and a real dose of strength and endurance training. Anyone can do it without any previous experience. On the stand-up paddling course at Lake Presseggersee, after a short introductory phase, you'll be on the water in 20 minutes, enjoying the relaxed glide amidst a beautiful panorama. In just one hour, you will learn everything you need for your perfect SUP experience.

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

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

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

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**MONDAY**

## JUNIOR NATURE AMBASSADOR



**MEETING POINT:** 09:30 a.m. Madritsche mountain station

**DURATION:** approx. 3 hours

**NOTE:** for families with children between 6-12 years of age

The "Junior Nature Ambassadors" offer an exciting and informative hike that introduces families to the nature and special features of the Nassfeld vacation region.

There are several distinctive waypoints along the way where interesting details about the sustainability of the region are provided. Families learn how to behave in mountain pasture areas and the importance of pasture farming.

The hike raises participants' awareness of sustainable behavior in nature and encourages the use of public transport. The Nassfeld-Pressegger See region offers numerous culinary specialties and a wide range of activities, which guests are introduced to.

**EQUIPMENT:** Hiking boots, hiking clothing, weather and sun protection,  
Rucksack with snack and drinks!

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

**REGISTRATION:** Pre-registration required!  
The day before until 14:00!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Bergsport Südalpen  
[info@bergsport-suedalpen.at](mailto:info@bergsport-suedalpen.at) // Tel. +43 (0) 664 3527305

**Public arrival  
possible!**







**MONDAY**

## MOUNTAIN ADVENTURE HIKE FOR BEGINNERS



**MEETING POINT:** 13:00 hrs Madritsche mountain station

**DURATION:** approx. 3 hours

**NOTE:** for children aged 12 and over

The “Mountain adventure hike for beginners” is an exciting and instructive tour that teaches the most important basics for future mountain hikes. After a brief welcome and introduction to the guide and the program, participants receive an introduction to orientation, tour planning and alpine dangers. The hike leads from the Kofelcenter to the Treßdorfer Alm. Along the way, participants discover the regional flora, fauna and mountain world and gain an insight into the necessary rules of conduct in nature.

The hike raises participants' awareness of sustainable behavior in nature and promotes the use of public transport. The Nassfeld-Pressegger See region offers numerous culinary specialties and a wide range of activities that guests are introduced to.

**EQUIPMENT:** Hiking boots, hiking clothing, weather and sun protection,  
Rucksack with snack and drinks!

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

**REGISTRATION:** Pre-registration required!  
The day before until 14:00!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Bergsport Südalpen  
[info@bergsport-suedalpen.at](mailto:info@bergsport-suedalpen.at) // Tel. +43 (0) 664 3527305

**Public arrival  
possible!**







**MONDAY**

## FASCINATION BEE AND HONEY in the Erlebnismkerei Kronhofer



**MEETING POINT:** 10 am Erlebnismkerei Kronhofer - 9620 Mitschig 9

**DURATION:** 2 hours

**Maximum:** 20 people

A morning at the open beehive!

Experience how bees bring nectar into the beehive and learn how delicious honey is made from it. Fresh honey is then extracted! Various types of honey are tasted, such as forest, alpine rose and dandelion honey, as well as other bee products such as pollen and propolis, oxymel and bear catch!

**HIGHLIGHTS:**

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

**PRICE:**

€ 14,00 per adult, **with the +CARD holiday reduced € 9,00**  
€ 8,00 per child, **with the +CARD holiday reduced € 5,00**

**REGISTRATION:**

**PRE-REGISTRATION REQUIRED!**

Until the day before 5 pm!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Erlebnismkerei Kronhofer  
Tel. +43 (0) 650 7783415

**Public arrival  
possible!**







**TUESDAY**

## LEISURELY ALPINE PASTURE HIKING TOUR Möselalm

**MEETING POINT:** 10 am Gemeindeamt Weissbriach, 9622 Weissbriach 202

**DURATION:** 4 - 5 hours

**ASCENT:** ca. 400 hm

**NOTE:** Children from 8 years! - medium hike

The Möselalm - always a wonderful hiking experience for the whole family!

Once at the top, you can treat yourself to a „Brettljause“ with cheese, bacon and sausages, fluffy Kaiserschmarren and a shot of „Zirbenschnaps“ to fortify you for the rest of the tour and enjoy the magnificent view.

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

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

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

**Public arrival  
possible!**



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**TUESDAY**

## YOGA ON THE MOUNTAIN WITH ULLI



**MEETING POINT:** 10:00 a.m. Madritsche mountain station

**DURATION:** approx. 1.5 hours

We take the Millennium Express to the “Madritsche” mountain station. Once there, we look for a nice spot, roll out our yoga mats and start with yoga in various styles. Mostly vigorous and dynamic to work up a sweat, but you also stretch your muscles, mobilize your spine and relax at the same time. And all this in combination with the magnificent view!

**EQUIPMENT:** Yoga mats are available on site - please bring a bath towel, water bottle and sun protection! and sun protection!

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

**REGISTRATION:** Pre-registration required  
The day before until 16:00!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Mount'n FIT - Ulrike Eder  
[info@mountain-fit.at](mailto:info@mountain-fit.at) // Tel. +43 (0) 676 5719391  
[www.mountain-fit.at](http://www.mountain-fit.at)

Public arrival  
possible!



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## TUESDAY

### TASTER CLIMBING ON THE PLATTNERFELS

**MEETING POINT:** 09:30 am at Plattnerfels - Sonnenalpe Nassfeld

Way to Plattnerfels - parking lot opposite Almhotel Kärnten at Nassfeld -  
see board - approx. 15 min. walk from the parking lot

**DURATION:** approx. 2 hours

**PARTICIPANTS:** max. 18 people

**NOTE:** Children from 8 years (minimum size of 120cm) accompanied by a caregiver who actively participates in the program! In case of bad weather in the KLE-SCH! **No fear of heights and no fear of heights!**

It's no wonder that climbing has experienced a real boom in recent years. If you would like to get to know the variety of climbing for yourself, a taster session at Plattnerfels is the perfect place. You may still be unsure of your first steps and holds. But the fun on the climbing wall is indescribable right from the start. You climb up the "Plattnerfels" on the Sonnenalpe Nassfeld, secured (toprope) by an experienced climbing guide, climb up a short via ferrata and abseil down again.

**EQUIPMENT:** Good shoes and hiking clothing  
Rental equipment (harness, helmet, via ferrata set) is available on site!

**COST:** € 45,00 per person, **FREE with the +CARD holiday!**

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





**TUESDAY**

## E-BIKE TOUR GUGGENBERG

**MEETING POINT:** 9.30 am valley station Millennium-Express 9631 Tröpolach 150

**DURATION:** 4 hours      **ROUTE:** 28,9 km      **ASCENT:** 630 hm

We cycle along the cycle path and the first part of our tour takes us through a small section of forest towards Hermagor. Once there, we take a short detour into the town, but there's no time to relax as we continue straight on towards Guggenberg. We then ride to Kreuth (a small mountain village) above Rattendorf. The way back takes us back along the road to the starting point.

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

**PRICE:** € 40,00 per person, **FREE of charge with the +CARD holiday!**  
E-Bike rental possible on site - Tel. +43 (0)4285/7100 (Sölle Sport)

**REGISTRATION:** **PRE-REGISTRATION REQUIRED!**  
The day before 4 pm!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Tel.: +43 (0) 677 614 29 827

*Public arrival  
possible!*



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## TUESDAY

### SINGLE TRAIL KIDS & FAMILY

**MEETING POINT:** 13:30 Bikeschool Nassfeld (Madritschen chairlift valley station)

**DURATION:** approx. 2 hours

**ROUTE:** 20 km

**ASCENT:** 800 m

**ASCENT DIFFICULTY:** medium

**PARTICIPANTS:** min. 3 - max. 8 people

**NOTE:** Children from 8 years and height of at least 130cm!

Basic MTB knowledge!

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, snack, drinks, own bike and lift ticket!

**COST:** € 49,00 per adult, **FREE with the +CARD holiday**  
€ 36,00 per child, **FREE with the +CARD holiday**

Bike rental: Please reserve 1 day in advance - Tel. +43 (0)4285/ 7100 (Sölle Sport)

**REGISTRATION:** Pre-registration required!  
The day before until 16:00!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Alpe Adria Sports  
[info@alpeadria-sports.com](mailto:info@alpeadria-sports.com) // [www.alpeadria-sports.com](http://www.alpeadria-sports.com)





**WEDNESDAY**

## GEOTRAIL HIKE "KRONALM"

**MEETING POINT:** 10:15 am Nassfeldpass state border

**DURATION:** 4 hours

**ASCENT:** approx. 450 hm

**PARTICIPANTS:** at least 4 people

**NOTE:** Children from 8 years! - medium hike

Along the "Kronalm" geotrail, former sea beds and fossil rock formations of the Auernig Formation can be explored. Around 300 million years ago, the Nassfeld area lay on the coast of a sea, where calcareous sediments and solidified deposits were formed. The hike leads via the Garnitzenalm, the Garnitzenberg and the Kronalm back to the Nassfeld Pass, with the opportunity to stop off at the Italian neighbors.

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

**COST:** € 15.00 per person, **FREE** with the **+CARD holiday**

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

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## WEDNESDAY

### E-BIKETOUR FROM THÖRL-MAGLERN TO BLED

**ROUTE:** ca. 64 km

**PARTICIPANTS:** min 4 people

**NOTE:** Don't forget a valid travel document! Children from 12 years!

#### Boarding possibility from Kötschach:

Kötschach Station	07:43 am		
Dellach	07:52 am		
Kirchbach Gasthof Golob	08:03 am		
Tröpolach Ort (Samerhof)	08:15 am		
Hermagor Station	08:30 am		
Pressegger See - Europarcs	08:50 am		
Nötsch - (Pizzeria Maximus)	09:10 am	Departure Bled - behind the ice rink	16:00 pm
Thörl Maglern -State border	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 km long 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 - a magnificent view of the surrounding mountain scenery. One highlight is the Bled cream slices - a special dessert that you can sample in various cafés.

**EQUIPMENT:** Clothing suitable for the weather, bike, helmet, weather protection, sun protection, backpack with snacks and drinks!

**PRICE:** € 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 4 pm!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
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**MOUNTAINS  
& LAKES**

NASSFELD-PRESSEGGER SEE  
LESACHTAL | WEISSENSEE

**Nassfeld**  
Pressegger See

*nice surprise*

**WEDNESDAY**

## TASTER CLIMBING AT THE WATERFALL in Tröpolach

**MEETING POINT:** 10:00 am at the Tröpolach waterfall

**DURATION:** approx. 2 - 3 hours

**PARTICIPANTS:** min. 2 - max. 12 people

**NOTE:** Children from 6 years! - Children up to 14 years only with an accompanying person!

No fear of heights, sure-footedness, sturdy shoes with tread!

We climb the rock secured with a top rope - accompanied by an experienced climbing guide. There is also a short via ferrata to conquer and then we abseil down again. For the brave, there is also a "zip wire" directly above the waterfall.

Bring your swimsuit for the ultimate cool-down with a dip in the waterfall!

**EQUIPMENT:** Rental equipment (sit harness, climbing shoes, rope & belay devices you get on site)!

**COST:** € 48,00 per adult, **FREE with the +CARD holiday!**  
€ 38,00 per child, **FREE with the +CARD holiday!**

**REGISTRATION:** **PRE-REGISTRATION REQUIRED!**  
The day before until 16:00!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
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**MONDAY**

**SUP - GET TO KNOW THE STAND UP PADDLING  
PRESSEGGER SEE**

**MEETING POINT:** 10:30 am - SUP-Center lido Hermagor, 9620 Presseggersee 27

**DURATION:** about 1,5 hours

**NOTE:** **Children from 8 years** – children must be able to swim!  
max. 12 people per course!

A wonderful way to slow down. Enjoy the tranquillity and views of a fantastic mountain world in the middle of the lake or head for secluded spots and simply leave everything behind. Stand-up paddling is the perfect combination of slowing down, enjoying nature and a real dose of strength and endurance training. Anyone can do it without any previous experience. On the stand-up paddling course at Lake Presseggersee, after a short introductory phase, you'll be on the water in 20 minutes, enjoying the relaxed glide amidst a beautiful panorama. In just one hour, you will learn everything you need for your perfect SUP experience.

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

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

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

**Public arrival  
possible!**



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## WEDNESDAY

### YOGA PRESSEGGER SEE Lido Oswald „Seehexe“ in Passriach

**MEETING POINT:** 7.30 am Lido Oswald „Seehexe“ in Passriach, 9620 Passriach 2

**DURATION:** about 1 hour

**PARTICIPANTS:** max. 10 people – min. 2 people

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

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

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

**REGISTRATION:** **PRE-REGISTRATION REQUIRED!**  
The day before 4 pm!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Mount´n FIT - Ulrike Eder  
[info@mountain-fit.at](mailto:info@mountain-fit.at) // Tel. +43 (0) 676 5719391  
[www.mountain-fit.at](http://www.mountain-fit.at)





## WEDNESDAY

### SUNRISE HIKE to the Gartnerkofel

MEETING POINT AND TIME will be announced upon registration!

DURATION: approx. 4 hours      ASCENT:      615 hm

**NOTE:** Children aged 14 and over - max. 7 people - medium - difficult hike

Experience a breathtaking and atmospheric sunrise on the Gartnerkofel with a view towards Italy? It's worth getting up early for that! While it's still dark at night, you set off on a 2-hour hike towards the summit cross of the Gartnerkofel. Once there, at 2,195 m above sea level, you can experience an ever brighter sea of lights on the surrounding mountain peaks. Unforgettable moments are guaranteed!

**EQUIPMENT:**      Hiking clothing suitable for the weather, hiking boots, weather protection, sun protection and drinks!

**COST:**      € 15.00 per person for the hike, **FREE with the +CARD holiday!**

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





**WEDNESDAY**

## FASCINATION BEE AND HONEY in the Erlebnismkerei Kronhofer



**MEETING POINT:** 10 am Erlebnismkerei Kronhofer - 9620 Mitschig 9

**DURATION:** 2 hours

**Max.:** 20 people

A morning at the open beehive!

Experience how the bees bring nectar into the beehive and learn how delicious honey is made from it. Fresh honey is then extracted! Various types of honey are tasted, such as forest, alpine rose and dandelion honey, as well as other bee products such as pollen, propolis, oxymel and bear catch!

**HIGHLIGHTS:**

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

**PRICE:**

€ 14,00 per adult, **with the +CARD holiday reduced € 9,00**  
€ 8,00 per child, **with the +CARD holiday reduced € 5,00**

**REGISTRATION:**

**PRE-REGISTRATION REQUIRED!**  
Until the day before 5 pm!  
Erlebnismkerei Kronhofer  
Tel. +43 (0) 650 7783415

**Public arrival  
possible!**







## THURSDAY

### SUMMIT HIKE to the Rosskofel

**MEETING POINT:** 10:00 a.m. Madritsche mountain station

**DURATION:** approx. 5 hours

**ASCENT:** 615 hm

**NOTE:** Children aged 12 and over! - medium - difficult hike

From the Madritsche mountain station, hike down along the Aquatrail to the reservoir. From there, the marked, stony ascent leads us through a beautiful chaos of small and large boulders to the wide summit plateau. Once there, you can ring the bell to signal your arrival and then enjoy the stunning view from the summit snack. If you are one of the lucky ones who can do so with a clear view, you will see the waves of the upper Adriatic glistening in the south.

**EQUIPMENT:** hiking clothing suitable for the weather, hiking boots, weather protection, sun protection and drinks!

**COST:** € 15.00 per person for the hike, **FREE with the +CARD holiday!**

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

Public arrival  
possible!



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## THURSDAY

### 3 ALPINE PASTURES HIKE with conclusion in the cheese dairy



**MEETING POINT:** 10:00 a.m. Madritsche mountain station

**DURATION:** approx. 4 hours    **ASCENT:** 300 hm

**NOTE:** Children aged 8 and over! - medium hike

A leisurely alpine hike - along the Aquatrail to the individual alpine pastures at Nassfeld - the tour is determined on site depending on your interests. Let yourself be surprised and enjoy the culinary delights on the alpine pastures, from fresh cow's milk to cheese, bacon or homemade yogurt! From the Madritsche we head via the Rudnig Alm to the Tröpolacher Alm and on to the Tressdorfer Alm. We follow in the footsteps of Gailtaler Almkäses g.U., and ask ourselves - where is this cheese traditionally made?

**EQUIPMENT:** hiking clothing suitable for the weather, hiking boots, weather protection, sun protection and drinks!

**COST:** € 15.00 per person for the hike, **FREE with the +CARD holiday!**  
**Admission to the cheese dairy included**

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

**Public arrival  
possible!**







## 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 program is ideal. Seminar farmer Gertrude Wastian shows where to find the wild herbs in the meadows. She knows better than anyone that there is a herb for every taste and every ache.

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

**PRICE:** € 15,00 per person for the hiking tour, **FREE of charge with the +CARD holiday**  
**€ 10,00 material costs per person**

**REGISTRATION:** **PRE-REGISTRATION REQUIRED!**  
The day before 4 pm!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Info- & Servicecenter Nassfeld-Pressegger See  
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Public arrival  
possible!







MOUNTAINS  
& LAKES  
WORLD OF



THURSDAY

## GOLF TASTER COURSE

MEETING POINT: 2 pm & 3 pm Golfanlage Nassfeld Golf - 9631 Waidegg 66

DURATION: about 1 hour

Experience pure golfing pleasure in the Gailtal! Whether you are a passionate golfer or a newcomer - here in the Gailtal Valley you can enjoy the Mediterranean climate and absolute tranquillity and will be delighted by our lush greens, the extensive pond landscapes and an incredible variety of internationally protected plants and animals on your personal round.

Play on our 18-hole championship course, improve your game on our 6-hole practice course and our spacious putting/chipping/pitching area or with tips from our pro. Our team is looking forward to your visit and a great game of golf with culinary pampering.

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

REGISTRATION: **BOOKABLE DAILY!** - Registration required!  
Golfanlage Nassfeld Golf  
9631 Waidegg 66  
office@nassfeld.golf // Tel. +43 (0) 4284 20111  
www.nassfeld.golf

Public arrival  
possible!



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## THURSDAY

### GUIDED E-BIKE TOUR - GAILTALTOUR

**MEETING POINT:** 09:30 Uhr Valley station Millennium-Express - 9631 Tröpolach 150

**DURATION:** 3-4 hours

**ROUTE:** 44 km

**ASCENT:** 220hm

**NOTE:** children from 10 years possible!

**DIFFICULTY:** medium

The starting point is Tröpolach at the Millennium Express. From there, the route leads along the cycle path to Hermagor. In Obervellach you have 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, Backpack with snack and drinks!

**PRICE:** € 40,00 per Person, **FREE of charge with the +CARD holiday!**  
E-bike rental: Please reserve 1 day in advance - Tel. +43 (0)4285/ 7100 (Sölle Sport)

**REGISTRATION:** **PRE-REGISTRATION REQUIRED!**  
The day before 4 pm!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Tel.: +43 (0) 677 614 29 827

**Public arrival  
possible!**







## THURSDAY

### SINGLE TRAIL KIDS & FAMILY

**MEETING POINT:** 13:30 Bikeschool Nassfeld (Madritschen chairlift valley station)

**DURATION:** approx. 2 hours

**ROUTE:** 20 km

**ASCENT:** 800 m

**ASCENT DIFFICULTY:** medium

**PARTICIPANTS:** min. 3 - max. 8 people

**NOTE:** Children from 8 years and height of at least 130cm!

Basic MTB knowledge!

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, snack, drinks, own bike and lift ticket!

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

Bike rental: Please reserve 1 day in advance - Tel. +43 (0)4285/ 7100 (Sölle Sport)

**REGISTRATION:** Pre-registration required!  
The day before until 16:00!  
[www.nassfeld.at/en/experiences](http://www.nassfeld.at/en/experiences)  
Alpe Adria Sports  
[info@alpeadria-sports.com](mailto:info@alpeadria-sports.com) // [www.alpeadria-sports.com](http://www.alpeadria-sports.com)





**FRIDAY**

## GARNITZEN GORGE HIKING TOUR on the tracks of the geotrails

**MEETING POINT:** 10 am Access to the Garnitzenklamm

**DURATION:** 4 - 5 hours

**ASCENT:** 615 hm

**NOTE:** Children from 10 years! - medium hike

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, backpack with snacks and drinks!  
**Refreshment stop at the end of the tour!**

**PRICE:** € 15,00 per person for the hiking tour, **FREE of charge with the +CARD holiday!**  
€ 5,- Maintenance fee!

**REGISTRATION:** **PRE-REGISTRATION REQUIRED!**  
The day before 4 pm!  
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Info- & Servicecenter Nassfeld-Pressegger See  
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**Public arrival  
possible!**



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## FRIDAY

## BIKETOUR ALONG THE ALPE ADRIA cycling way to Venzone

**ROUTE:** ca. 65 km

**PARTICIPANTS:** min 4 people

**NOTE:** Don't forget a valid travel document! Children from 12 years!

### Boarding possibility from Kötschach:

Kötschach station	07:43 am	
Dellach	07:52 am	
Kirchbach Gasthof Golob	08:03 am	
Tröpolach Ort (Samerhof)	08:15 am	
Hermagor station	08:30 am	
Pressegger See - Europarcs	08:50 am	
Nötsch - (Pizzeria Maximus)	09:10 am	Departure Venzone - Pizzeria Michele 16:00 pm
Thörl Maglern -State border	09:25 am	Arrival in Hermagor ca. 18:25 pm

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.

**EQUIPMENT:** clothing suitable for the weather bike, helmet, weather protection, sun protection  
Backpack with snack and drinks!

**PRICE:** € 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 4 pm!  
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**FRIDAY**

## 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.

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

**REGISTRATION:** **PRE-REGISTRATION REQUIRED!**  
The day before 4 pm!  
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**Public arrival  
possible!**



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**MOUNTAINS  
& LAKES**

NASSFELD-PRESSEGGER SEE  
LESACHTAL | WEISSENSEE

**Nassfeld**  
Pressegger See

*nice surprise*

**FRIDAY**

## TASTER CLIMBING AT THE WATERFALL in Tröpolach

**MEETING POINT:** 10:00 am at the Tröpolach waterfall

**DURATION:** approx. 2 - 3 hours

**PARTICIPANTS:** min. 2 - max. 12 people

**NOTE:** Children from 6 years! - Children up to 14 years only with an accompanying person!

No fear of heights, sure-footedness, sturdy shoes with tread!

We climb the rock secured with a top rope - accompanied by an experienced climbing guide. There is also a short via ferrata to conquer and then we abseil down again. For the brave, there is also a "zip wire" directly above the waterfall.

Bring your swimsuit for the ultimate cool-down with a dip in the waterfall!

**EQUIPMENT:** Rental equipment (sit harness, climbing shoes, rope & belay devices you get on site)!

**COST:** € 48,00 per adult, **FREE with the +CARD holiday!**  
€ 38,00 per child, **FREE with the +CARD holiday!**

**REGISTRATION:** **PRE-REGISTRATION REQUIRED!**  
The day before until 16:00!  
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## NASSFELD-PRESSEGGER SEE SUNSKIWORLD

110 km of slopes

26 ski huts & piste restaurants in Austria & Italy

29 cable cars & lifts

80 km of cross-country ski trails/toboggan runs

Ski touring paradise Lesachtal

Ice skating on Lake Pressegger See and Lake Weissensee



## CONTACT & INFORMATION

Info- & Servicecenter Nassfeld-Pressegger See

Wulfeniplatz 1

9620 Hermagor

+43 (0) 4285 8241

info@nassfeld.at www.nassfeld.at