

SUMMER ACTIVPROGRAM

10.06. – 24.09.2023





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 Carinthisch, 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 10.06. – 24.09.2023

DAILY

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

MONDAY

- SUP – Get know Stand up Paddling on Pressegger See
- MTB Basics - Learn & Ride in Tröpolach
- Fascination bee and honey in the Erlebnisimkerei Kronhofer

TUESDAY

- Indoor-Archery in the NEW KLE-SCH Climbing and shooting centre in St. Daniel
- Hiking tour to the Möselalm
- Yoga on the mountain with Ulli – Madritschen Bergstation
- Taster climbing on the Plattnerfels - Sonnenalpe Nassfeld (Witterungsabhängig)
- **NEW:** Practice climbing at the climbing rock
- E-Bike Tour Egger Alm
- MTB Basics - Learn & Ride am Nassfeld – Valley station Madritschen Sesselbahn
(End of july – end of august)

WEDNESDAY

- Sunrise hiking tour to the Gartnerkofel
- Sunrise yoga with alpine breakfast on the Tröpolacher Alm
- Hiking on the smuggler paths
- Golf taster
- Old town walk in Hermagor
- SUP – Get to know Stand up paddling on Pressegger See
- Fascination bee and honey in the Erlebnisimkerei Kronhofer

THURSDAY

- YOGA on the lake – lido „Seehexe in Passriach“ with Ulli
- „Prevention is better than cure“ – identifying and gathering wild herbs (til 15.09.2023)
- Garnitzen Gorge hiking tour – on the tracks of the geo trail
- Taster climbing on the Plattnerfels - Sonnenalpe Nassfeld
- Cross-border with the E-Biketour to Straniger Alm – Lanzenalm - Pontebba
- Golf taster

FRIDAY

- Geotrail hiking tour „KRONE“
- Bike-tour along the Alpe Adria cycle path

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!
(end of August / beginning of september 2023)

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: € 37,90 per adult, with the +CARD holiday reduced € 27,00
€ 30,90 per child, with the +CARD holiday reduced € 22,00

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



MONDAY

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

MEETING POINT:	10:30 am SUP-Center Strandbad Hermagor-Pressesger See
DURATION:	about 1,5 hours
NOTE:	Children form 8 years – children must be able to swim! max. 12 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 Pressesger 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-Pressesger 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-Pressegger 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!



TUESDAY

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

MEETINGPOINT:	4:30 am KLE-SCH Kletter- und Schießzentrum - 9635 St. Daniel 100
DURATION:	about 2 hours
NOTE:	Childrean from 8 years! Group size 5-10 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!*



TUESDAY

LEISURELY ALPINE PASTURE HIKING TOUR to th Möselalm

MEETING POINT: 10 am Gemeindeamt Weißbriach

DURATION: ca. 4 - 5 Stunden

NOTE

ROUTE: 10 km
Children from 8 years!

ASCENT: about 400 hm

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

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

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: € 25,00 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

TASTER CLIMBING - PLATTNERFELS on the Sonnenalpe Nassfeld

MEETING POINT:	10 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-Pressegger See info@nassfeld.at // Tel. +43 (0) 4285 8241



TUESDAY

NEW: PRACTICE CLIMBING AT THE WATERROCK in Tröpolach

MEETING POINT:	10 am Tröpolacher Waterfall – 1. Curve Nassfeldpassstraße
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 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 EGGER ALM

MEETING POINT: 9:30 am Adventure Sports – Valley station Millennium-Express

DURATION: about 6 hours **ROUTE:** 45 km **ASCENT:** about 1.050 hm

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

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

COSTS: € 40,00 per person, **FREE** of charge with the **+CARD holiday!**
E-Bike Verleih vor Ort möglich - € 35,00 – Reservierung erforderlich!

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



TUESDAY

MTB BASICS - LEARN & RIDE (end of july – end of august 2023)

MEETING POINT:	10 am valley station Madritschen Sesselbahn
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!

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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



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

SUNRISE YOGA
on the Tröpolacher Alm with breakfast (from 28th of June 2023)

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 € 40,00 per person **FREE** of charge with the **+CARD holiday!**
Breakfast (to pay directly) € 13,50 per person

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



WEDNESDAY

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



WEDNESDAY

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!*



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

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

MEETING POINT:	10:30 am SUP-Center Strandbad Hermagor-Presssegger See
DURATION:	about 1,5 hours
NOTE:	Children from 8 years – children must be able to swim! max. 12 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 Presssegger 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-Presssegger 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

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



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

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-Presssegger See
info@nassfeld.at // Tel. +43 (0) 4285 8241



THURSDAY

TASTER CLIMBING - PLATTNERFELS on the Sonnenalpe Nassfeld

MEETING POINT:	10 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 Personen!

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



THURSDAY

CROSS-BORDER E-BIKE TOUR
Straniger Alm – Lanzenalm - Pontebba

MEETING POINT:	09:30 am	Adventure Sports – Tröpolach Millennium-Express
DURATION:	about 6 hours	
STRECKE: 41,5 km	ASCENT: about 1.200 hm	
NOTE: PARTICIPANTS:	min. 3 pers. – max 7 personen	
RETURN TRANSFER:	Busshuttle from Pontebba to Tröpolach price per pers. € 20,-	

This challenging e-bike tour starts in Tröpolach at the "Adventure Sports" office at the Millennium Express valley station. The tour then takes us along the R3 to Stranig and from there we take the gravel path to the Straniger Alm. There we cross the border to Italy - Lanzen Pass and then take the asphalt road to Pontebba. In Pontebba the bus shuttle is waiting to take us back to the starting point in Tröpolach!

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

COSTS: Guided E-Bike-Tour: 40,00 pro Person, **FREE** of charge with the **+CARD holiday!** E-bike rental possible on site - € 35,00 – Reservation required! Bus shuttle must be paid per person and is not included in the **+CARD holiday!**

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!*



FRIDAY

GEOTRAIL HIKING TOUR „KRONALM“

MEETING POINT:	9 am Valley Station Millennium-Express 10:15 am Valley Station Gartnerkofel Sesselbahn
DURATION:	about 4-5 hours
NOTE:	Children from 8 years!

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

EQUIPMENT:	Mountain boots, hiking clothing, weather protection, snack and drinks
COSTS:	€ 15,00 per person, FREE of charge with the +CARD holiday!
REGISTRATION:	PRE-REGISTRATION REQUIRED! The day before til 4 pm Info- und Servicecenter Nassfeld-Pressegger See info@nassfeld.at // Tel. +43 (0) 4285 8241



FRIDAY

BIKETOUR ALONG THE ALPE ADRIA CYCLING to Venzone



08:30 am
6:25 pm

Departure station Hermagor
Arrival Hermagor

4 pm

Departure Venzone

ROUTE: 65 km

NOTE: ★

Do not forget a valid travel document!

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

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

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



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



NASSFELD-PRESSEGGER SEE - SUNSKIWORLD

110 km Slopes

25 Ski huts & piste restaurants in Austria and Italy

30 Cable cars & lifts

80 km Cross-country ski trails / toboggan runs

Ski touring paradise Lesachtal

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CONTACT & INFORMATION

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9620 Hermagor

+43 (0) 4285 8241

info@nassfeld.at www.nassfeld.at