


Activprogram

2020  EN





Dear guests in the „Nassfeld-Pressegger See“ adventure region!

We are pleased to be able to welcome you as guests in the Nassfeld-Pressegger See adventure region especially this year.

The past few months have presented us all with new challenges, and yet, or perhaps precisely because of them, we are looking optimistically into the future again, and would like to make this year's summer holiday a relaxing experience for you.

Should there be any restrictions on the use of recreational services in the region due to legal regulations, federal or state notices or other unforeseeable events, we ask for your understanding. In this context, we would also like to point out that there is no entitlement to price reductions or refunds.

The availability of all leisure services is updated daily at www.nassfeld.at!

At the same time, we ask you to comply with the Covid-19 protective measures, prescribed by the government, without exception for your own safety and for the protection of other guests and the locals.

We would like to draw your attention to the following info sheet!

The hikes & bike tours are weather dependent and can be changed depending on the weather!

The hikes & bike tours take place at your own risk!

**Please make sure you wear good shoes, wind jacket (rain protection),
Snacks & drinks!**

Thank you very much for your understanding. It's good to have you here!

Info- & Servicecenter Nassfeld-Pressegger See
and partners

FÜR EUREN SICHEREN AUFENTHALT

FOR YOUR SAFE STAY



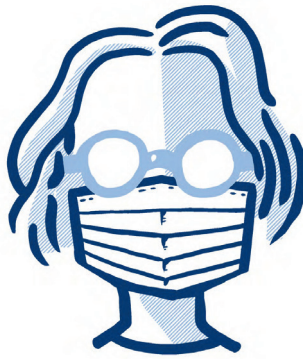
EIGENVERANTWORTUNG FÜR SICH & FAMILIE

PERSONAL RESPONSIBILITY FOR YOURSELF & YOUR FAMILY



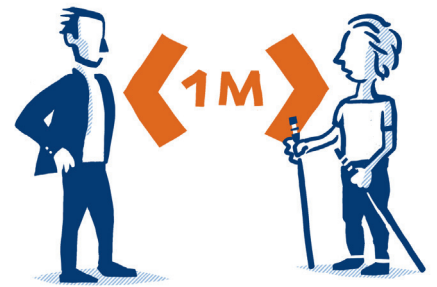
**HÄNDE WASCHEN/
DESINFIZIEREN**

WASH/DISINFECT HANDS



**MUND-NASENSCHUTZ
VERWENDEN**

WEAR MASKS



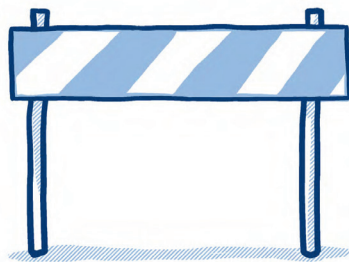
ABSTAND HALTEN

KEEP DISTANCE



**NACH MÖGLICHKEIT
KONTAKTLOS BEZAHLEN**

CASHLESS PAYMENT



**EVENTUELLE ZUGANGS-
BESCHRÄNKUNGEN
BEACHTEN**

OBSERVE ANY ACCESS
RESTRICTIONS



**WEITERE HINWEISE
BEACHTEN**

FOLLOW FURTHER
INSTRUCTIONS

www.sichere-gastfreundschaft.at

GUIDELINES FOR MOUNTAIN HIKING GUIDES IN CARINTHIA



1.) HEALTHY ON TOUR

The mountain guide and the guests must feel completely healthy at the start of the tour.

2.) REDUCE THE READINESS TO TAKE RISKS

Stay well below the guests' personal ability limits when undertaking alpine activities. Consider the additional risks and difficulties involved in rescue operations and the additional strain on hospitals.

3.) KEEP DISTANCE

Keep a distance of 2 metres (this is slightly more than 2 arm lengths for an adult) and use a face mask covering mouth and nose if, in exceptional cases, keeping the minimum distance of 2 metres is not possible. The mountain guide must ensure that every guest keeps the safety distance (also during breaks, at the summit etc.) and must be able to keep the whole group within sight (e.g. by choosing a suitable route, with clear rules of conduct on the trail etc.).

4.) MOUNTAIN SPORTS ONLY IN SMALL GROUPS

The upper limit is 10 persons per group (1 mountain guide plus 9 guests). Remember that with increasing group size and depending on the difficulty of the tour, it gets more difficult to keep the safety distance and to keep track of the group. Avoid highly frequented tours and places.

5.) REFRAIN FROM NORMAL RITUALS

For example, shaking hands, hugs, kiss at the summit, offering a drinking bottle to others, etc.

6.) TAKE ALONG FACE MASK AND DISINFECTANT

In addition to the general emergency equipment, face mask and disinfectant should be carried in the rucksack for the time being. The mountain guide must ensure that every guest has a face mask during the tour.

7.) FACE MASKS FOR CARPOOLS

In addition, only two passengers may sit in each row of seats (including the driver). Travel by public transport is the preferred option.

8.) IN AN EMERGENCY, PROCEED AS ALWAYS

As a first-aider, follow the generally accepted first aid guidelines and use a face mask in addition.

OVERVIEW ACTIV PROGRAM

MONDAY

Constellation Hiking Tour - Kammleith
E-Bike mountain bike Tour in the valley
MTB Basics - Learn & Ride
Erlebnisimkerei Kronhofer
Golf taster
Golf „Pay & Play“
River Tubing
Biking technique & flow trail course

TUESDAY

Leisurely alpine pasture hiking tour to the Möslalm
Taster climbing on the Sonnenalpe Nassfeld
Golf taster
Golf „Pay & Play“
Segway Tour
Outdoor Fit
„Double Downhill“ Mountain Cart
Beginners' Single Trail – kids under the age of 16 only
SINGLE TRAIL family course

WEDNESDAY

Constellation hiking tour: The lips of Europe – Egger Alm
Golf „Pay & Play“
Family rafting: an adventure on the Gail river
River Tubing
MTB Alpine pasture tour incl. Jause
Singletrail Basic Kurs
E-bike tour on the Guggenberg
„Däumling“ via ferrata – level of difficulty “C”

THURSDAY

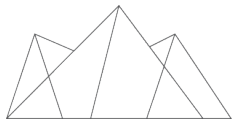
3-alpine pasture hiking tour along the Carnic Milky Way
“Prevention is better than cure” – identifying and gathering wild herbs
Sunrise hiking tour to the Gartnerkofel
Stand-UP paddling on Lake Pressegger See
Golf „Pay & Play“
Beginners' Single Trail – kids under the age of 16 only
SINGLE TRAIL family course

FRIDAY

Garnitzen Gorge hiking tour – on the tracks of the geo trail
Hiking tour in the realm of the Jauken peaks
Golf „Pay & Play“
Outdoor Fit
River Tubing
„Däumling“ via ferrata – level of difficulty “C”
SINGLE TRAIL basics course
MTB ALPINE PASTURE incl. JAUSE
Challenging bike tour to the Egger Alm

SUNDAY

Segway Tour



**MOUNTAINS
& LAKES**
WORLD OF



Monday

CONSTELLATION HIKING TOUR - KAMMLEITN



10 am

MEETING POINT:

State Border / Hotel Berghof

Historical hike with hiking guide Georg, who always has something to tell, especially about the geology of the Carnic Alps. The hike starts at the state border and you walk through the „Historical Mile“ to the Watschiger Alm, past the „Wulfenia Conservation Area“ in the direction of the Kühweger Törl to the Kammleitn. The way back leads us via the Garnitzentörl to the Watschiger Alm back to the starting point.

DURATION:

3-4 hours

ROUTE:

11 km

ALTITUDE METER:

ca. 630 hm

EQUIPMENT:

Hiking boots, hiking clothes, weather protection, sun protection, rucksack with Jause lunch and drinks!

NOTE:

Children from 8 years

COSTS :

€ 10,- per person, **FREE OF CHARGE** with the **+CARD holiday**

REGISTRATION

Advance registration required by 4 pm the day before!

Info- & Servicecenter Nassfeld Pressegger See

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

E-BIKE MOUNTAINBIKE TOUR IN THE VALLEY



9.30 am

MEETING POINT:

Base Camp - Hotel Falkensteiner Carinzia

Leisurely e-bike mountain bike tour on the R3 Cycle Track along the Gail river. The first part of the tour leads through small wooded areas towards Hermagor/Möderndorf. We enjoy the wonderful nature along the Gail river. Having arrived in Latschach near Egg, we continue towards Lake Pressegger See. On the way back we bike along the eastern lakeside directly to the lido, where we take a short break. Afterwards, we continue in direction Hermagor and from there across some dirt tracks and the Gail Dam back to Tröpolach. The last leisurely section leads us then again via the „Koppale“ back to the starting point.

DURATION:

5 hours

ROUTE :

40 km

ALTITUDE METER

ca. 300 hm

EQUIPMENT:

Wearing a helmet is mandatory, sports shoes / cycling clothes, weather protection, sun protection, rucksack with Jause lunch and drinks!

COSTS :

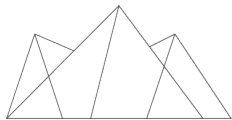
€ 35,- per person, **FREE OF CHARGE** with the **+CARD holiday**
E-bike rental available on site for € 25.00 per day

ANMELDUNG:

Advance registration required by 5 pm the day before!

Sportfabrik Koller & Eder GesbR // Tel. +43 (0) 677 / 620 13 179





**MOUNTAINS
& LAKES**
WORLD OF



Monday

MTB BASICS - LEARN & RIDE



10 am

MEETING POINT:

Sölle Sport Tröpolach

Learn to control the mountain bike in an optimal way!

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

Our „Learn & Ride“ MTB course combines a one-hour biking technique training in the practicing area and on the pump track, followed by an off-road tour to try out what you have learned under the supervision of your coach.

DURATION: 4-5 hours

EQUIPMENT: Sturdy footwear, suitable clothes, weather protection, sun protection

NOTE : From 10 years! Children up to 14 years of age are not allowed to go unaccompanied. A disclaimer must be signed by the parent

COSTS: € 39,- per person **FREE OF CHARGE** with the **+CARD holiday!**
E-bike rental incl. helmet available on site for € 10.00 for the duration of the course!
Issued 15 min prior to the start of the course

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

GOLF TASTER



3 pm

MEETING POINT:

Nassfeld Golf course in Waidegg

Trying and getting to know everything about golf!
No experience required

DURATION: 1 hour

COSTS: € 15,- per person **FREE OF CHARGE** with the **+CARD holiday!**

REGISTRATION: Advance registration required!
Golfanlage Nassfeld Golf, 9631 Waidegg 66
Tel. +43 (0) 4284 / 2011





**MOUNTAINS
& LAKES**
WORLD OF



Montag

ERLEBNISIMKEREI KRONHOFER



09.30 am

MEETING POINT:

Erlebnisimkerei Kronhofer - Mitschig

Erlebnisimkerei Kronhofer beekeeping experience - fascination bee honey "From the comb to the jar", a morning at the open beehive, followed by breakfast with farmhouse bread and various types of honey.

DURATION: 2 hours

COSTS:

€ 12,- per person € 7,- with the **+CARD holiday DISCOUNT**

REGISTRATION:

Advance registration required by 4 pm the day before!

Info- & Servicecenter Nassfeld Pressegger See

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

GOLF „PAY & PLAY“



Advance registration

MEETING POINT: GNassfeld Golf course in Waidegg

Just come along, pay the daily fee & play on the public 6-hole-course!

COST:

€ 25,- per person € 15,- with **+CARD holiday DISCOUNT**

REGISTRATION:

Advance registration required!

Golfanlage Nassfeld Golf, 9631 Waidegg 66

Tel. +43 (0) 4284 / 2011

Monday

RIVER TUBING - RIVER GAIL



2.30 pm

MEETING POINT:

Tröpolach - Gailbrücke (at the container)

Equipped with neoprene suit, life jacket and helmet, we will be RIVER TUBING down the Gail river. Rapids and whitewater swimming promise refreshment on hot summer days as well as lots of fun! We „drift“ with a tube on the Gail river from Tröpolach to Postran and enjoy the beautiful surroundings!

DURATION: 2 hours (approx 1 hour on the water)

EQUIPMENT: Don` t forget to bring swimwear!

NOTE: Children aged 8 to 14 accompanied by an adult!

COSTS: € 28,- per adults
€ 22,- per child under the age of 15

REGISTRATION: Online registration – <https://www.felsenlabyrinth.at/de/river-tubing>
Sölle Sport – Tröpolach Tel. +43 (0) 4285 / 7100

BIKING TECHNIQUE & FLOW TRAIL COURSE



2 pm

MEETING POINT:

Sölle Sport in Tröpolach

START TO FEEL THE FLOW!

You start with the biking technique training on the PUMP TRACK, where you will practice coordination and balance. If you have sufficient biking skills, you go uphill to the access point of the FLOW TRAIL. The qualified guides will show you how to SURF on the new flow trail - which you can then try out for yourself

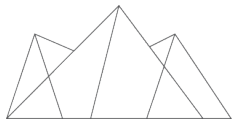
DURATION: 2 hours

EQUIPMENT: Sturdy footwear, helmet is mandatory, cycling gloves and suitable clothing!

NOTE: Minimum height of 150 cm - from age 16!
Good command of the bike or good knowledge of mountain biking and a basic sporting condition required!

COSTS: € 69,- per person incl. bike, protectors and helmet!
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE! Biketransfer is with costs!

REGISTRATION: Online registration - <https://www.felsenlabyrinth.at/de/mtb-trails/>
Sölle Sport – Tröpolach Tel. +43 (0) 4285 / 7100



**MOUNTAINS
& LAKES**
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Tuesday

LEISURELY ALPINE PASTURE HIKING TOUR - MÖSELALM



10 am

MEETING POINT:

Town hall in Weissbriach

To the always cheerful hut landlord Bernhard with his specialities! The Möslalm – always a wonderful hiking experience for the whole family! You enjoy amazing views across the Gitschtal Valley on the way to the alpine pasture. Once arrived at the top - a hearty Jause snack with cheese, bacon and sausages, fluffy and light Kaiserschmarren and a glass of Swiss pine schnapps.

DURATION:

4 - 5 hours

ROUTE:

10 km

ALTITUDE METER:

ca. 400 hm

EQUIPMENT:

Hiking boots, hiking clothes, weather protection, sun protection, rucksack with Jause lunch and drinks!

NOTE:

Children from 8 years

COSTS:

€ 10,- per person **FREE OF CHARGE** with the **+CARD holiday**

REGISTRATION:

Advance registration required by 4pm the day before!

Info- & Servicecenter Nassfeld Pressegger See

Tel. +43 (0) 4285 / 8241

TASTER CLIMBING ON THE SONNENALPE NASSFELD



10 am

MEETING POINT:

Sonnenalpe Nassfeld (national border)

1st car park in direction Alpenhotel Plattner

A special day for all who want to get to know the diversity of climbing. We climb the rock secured by an experienced climbing guide (Toprope). We also climb a short via ferrata and then abseil again. For the brave at heart there is also a zip-line ride across a gorge.

DURATION:

2 hours

EQUIPMENT:

Hiking boots, hiking clothes, weather protection, sun protection, rucksack with Jause lunch and drinks!

NOTE:

Head for heights, surefootedness, sturdy shoes (with profile)!

Children under 14 not without accompanying person

Minimum age of 6

COSTS:

€ 29,- per person **FREE OF CHARGE** with the **+CARD holiday**

REGISTRATION:

Advance registration required by 4pm the day before!

Info- & Servicecenter Nassfeld Pressegger See

Tel. +43 (0) 4285 / 8241



Tuesday

GOLF TASTER



3 pm

MEETING POINT:

Nassfeld Golf course in Waidegg

Trying and getting to know everything about golf!
No experience required

DURATION: 1 hour

COSTS: € 15,- per person **FREE OF CHARGE** with the **+CARD holiday!**

GOLF „PAY & PLAY“



Advance registration

MEETING POINT: Nassfeld Golf course in Waidegg

Just come along, pay the daily fee & play on the public 6-hole-course!

COST: € 25,- per person € 15,- with **+CARD holiday DISCOUNT**

REGISTRATION: Advance registration required!
Golfanlage Nassfeld Golf, 9631 Waidegg 66
Tel. +43 (0) 4284 / 2011

SEGWAY TOUR



3 pm

MEETING POINT:

Base Camp - Hotel Falkensteiner Carinzia

Let's go on a fun and action-packed SEGWAY TOUR (suitable for teenagers and adults). After a detailed introduction, we start on asphalt to get used to the equipment. The tour continues on gravel along the bike track in and around Tröpolach. Fun and action is guaranteed!

DURATION: 1 hour

EQUIPMENT: Sport shoes, weather protection (jacket) sun protection

NOTE: Children from age 12 (min. 42 kg) – for max. 10 persons

COSTS: € 45,- per adult, € 36,- per adult with **+CARD holiday DISCOUNT**
€ 40,- per child € 32,- per child with **+CARD holiday DISCOUNT**

REGISTRATION: Advance registration required by 5 pm the day before
Sportfabrik Koller & Eder GesbR // Tel. +43 (0) 677 / 620 13 179

Tuesday

OUTDOOR FIT



10 am

MEETING POINT: Upper terminus Madritsche - Kofelalm

Ulli will surely make you sweat! The Millennium Express takes you uphill to the Madritsche upper terminus. The legs, bums & tums workout starts there in probably the most beautiful outdoor gym in the Alps. You have never seen anything like it! To warm up, we hike along the Aquatrail, followed by a great yoga session at the end of the trail, surrounded by the idyllic mountains of Nassfeld.

DURATION: 3,5 hours

EQUIPMENT: Sportswear, drinks, windbreaker, towel

NOTE: max 9 Personen

COSTS: € 25,- per person
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE!

REGISTRATION: Advance registration required by 5 pm the day before!
Sportfabrik Koller & Eder GesbR // Tel. +43 (0) 677 / 620 13 179

„DOUBLE DOWNHILL“ MOUNTAIN CART



9.30 am

MEETING POINT: Sölle Sport Tressdorfer Alm
(intermediate terminus Millennium-Express)

The low centre of gravity and wide wheelbase give you an exceptional downhill experience. Tobogganing in winter has always been a popular sport and is becoming increasingly trendy. The special construction of the mountain cart allows you to experience the fun of tobogganing at any time of the year. Safety has been of great importance in the construction of the mountain cart.

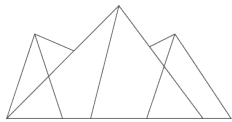
DURATION: 2 hours

EQUIPMENT: Sturdy shoes and sunglasses (again the dust) Protective overall and helmet included! Explanation of the rules of use available on site!

NOTE: Minimum height of 150cm - from age 14!

COSTS: € 39,- per person
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE! **Biketransfer is with costs!**

REGISTRATION: Online registration - <https://www.felsenlabyrinth.at/de/mountain-cart/>
Sölle Sport - Tröpolach // Tel. +43 (0) 4285 / 7100



**MOUNTAINS
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Tuesday

BEGINNERS' SINGLE TRAIL – KIDS UNDER THE AGE OF 16 ONLY



09.45 am

MEETING POINT:

Sölle Sport Shop Nassfeld
(lower terminus Madritschen chairlift)

Faster, safer and easier downhill with the right downhill technique!

You already feel quite fit on your bike and have already mastered some tours and altitude metres, but would like to feel even safer when riding your bike? You feel insecure when riding downhill, and roots and rough, gravelly, steep trails throw you off balance? Then you have come to the right place...

This course is specially designed for children and teenagers! Age-appropriate material and suitable practicing trails are carefully selected.

DURATION: 2 hours

EQUIPMENT:

Sturdy shoes, suitable clothing
Freeride bike, protectors and helmet are included for the duration of the course!

NOTE:

Minimum height of 130 cm - from age 8 to under 16!
A disclaimer must be signed by a parent!

COSTS:

€ 69,- per person incl. bike, protectoren!
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE! Biketransfer is with costs!

REGISTRATION:

Online registration- <https://www.felsenlabyrinth.at/de/mtb-trails/>
Sölle Sport - Tröpolach // Tel. +43 (0) 4285 / 7100

SINGLE TRAIL FAMILY COURSE



2.45 pm

MEETING POINT:

Sölle Sport Shop Nassfeld
(lower terminus Madritschen chairlift)

Shred together with the kids! The right course for the whole family!

Faster, safer and easier downhill with the right downhill technique!

You already feel quite fit on your bike and have already mastered some tours and altitude metres, but would like to feel even safer when riding your bike? You feel insecure when riding downhill, and roots and rough, gravelly, steep trails throw you off balance? Then you have come to the right place...

DURATION: approx 2 hours

EQUIPMENT:

Sturdy shoes, suitable clothing
Freeride bike, protectors and helmet are included for the duration of the course!

NOTE:

Minimum height of 130 cm – from age 8 - participation of at least 1 parent is required!
A disclaimer must be signed by a parent!

COSTS:

€ 79,- per adult from age 16 // € 59,- per child under the age of 16
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE! Biketransfer is with costs!

REGISTRATION:

Online registration - <https://www.felsenlabyrinth.at/de/mtb-trails/>
Sölle Sport - Tröpolach // Tel. +43 (0) 4285 / 7100





**MOUNTAINS
& LAKES**
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Wednesday

CONSTELLATION HIKING TOUR: THE LIPS OF EUROPE – EGGER ALM

	9.30 am 10 am	MEETING POINT:	car park Garnitzenklamm - uphill ride by bus Egger Alm (Almgasthaus „Zur Käserei“)
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A cheerful constellation that tells of the coexistence between the people on the alpine pasture! A circular hiking tour from the Egger Alm towards the Schloßhütte and Poludnig - a magnificent panoramic view across the Carnic and Gailtal Valley Alps awaits you. The hiking tour continues from Poludnig in direction Dellacher Alm and back to the Egger Alm!

DURATION: 4 - 5 hours	ROUTE: 12,5 km	ALTITUDE METER: 670 hm
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EQUIPMENT: Hiking boots, hiking clothes, weather protection, sun protection, rucksack with Jause lunch and drinks!

NOTE: Childrean from 8 years

COSTS: € 10.00 per person for the hiking tour, **FREE OF CHARGE** with the **+CARD holiday**
€ 10.00 per adult / € 5.00 per child for the transfer by bus to Egger Alm and back!

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

GOLF „PAY & PLAY“

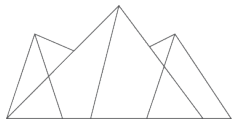
	Advance registration	MEETING POINT: Nassfeld Golf course in Waidegg
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Just come along, pay the daily fee & play on the public6-hole-course!

COST: € 25,- per person € 15,- with +CARD holiday DISCOUNT

REGISTRATION: Advance registration required!
Golfanlage Nassfeld Golf, 9631 Waidegg 66
Tel. +43 (0) 4284 / 2011





**MOUNTAINS
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Wednesday

FAMILY RAFTING - AN ADVENTURE ON THE GAIL RIVER



Will be announced at registration!

A rafting tour is an unforgettable experience and adventure for the whole family. Children from the age of 4 can participate. Experienced rafting guides ensure high safety standards and guarantee you a splash-splash holiday experience!

Tours available daily – with +CARD holiday advantage

DURATION: approx. 1 - 1,5 hours

EQUIPMENT: Equipment like neoprene suits, life jackets & helmet will be provided!
Please put on swimwear & sun protection before the tour!
(No changing rooms on site!)

COSTS: € 34,- per person // € 29,- per child with +CARD holiday DISCOUNT
€ 34,- per person // € 29,- per child
FREE of CHARGE with the +CARD holiday (16.05. - 05.06.2020 – Wednesday only)

REGISTRATION: Advance registration required!
Rafting Carnica // Kühwegboden 10 // 9620 Hermagor
Tel. +43 (0) 664 / 510 18 18

RIVER TUBING - RIVER GAIL



2.30 pm

MEETING POINT: Tröpolach - Gailbrücke (at the container)

Equipped with neoprene suit, life jacket and helmet, we will be RIVER TUBING down the Gail river. Rapids and whitewater swimming promise refreshment on hot summer days as well as lots of fun!
We „drift“ with a tube on the Gail river from Tröpolach to Postran and enjoy the beautiful surroundings!

DURATION: 2 hours (approx 1 hour on the water)

EQUIPMENT: Don` t forget to bring swimwear!

NOTE: Children aged 8 to 14 accompanied by an adult!

COSTS: € 28,- per adults
€ 22,- per child under the age of 15

REGISTRATION: Online registration – <https://www.felsenlabyrinth.at/de/river-tubing>
Sölle Sport – Tröpolach Tel. +43 (0) 4285 / 7100





**MOUNTAINS
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Wednesday

E-BIKE TOUR TO THE GUGGENBERG



9.30 am

MEETING POINT: Base Camp - Hotel Falkensteiner Carinzia

We follow the cycle track and the first part of our tour leads us through a small forest towards Hermagor. Once arrived there, we take a little detour to the town. But there is no stopping for a break as the tour continues directly towards the Guggenberg. We then cycle to Kreuth (a small mountain village) above our neighbouring village of Rattendorf. The way back leads us again along the road to the starting point.

DURATION: 4 hours

ROUTE: 28,9 km

ALTITUDE METER: 630 hm

EQUIPMENT: Wearing a helmet is mandatory, sports shoes / cycling clothes, weather protection, sun protection, rucksack with Jause lunch and drinks!

COSTS: € 35,- per person
E-bike rental available on site, € 25.00 per day

REGISTRATION: Advance registration required by 5 pm the day before
Sportfabrik Koller & Eder GesbR // Tel. +43 (0) 677 / 620 13 179

“DÄUMLING“ VIA FERRATA – LEVEL OF DIFFICULTY “C”



Advance registration

MEETING POINT: Lower terminus Gartnerkofel chairlift

The climbing paradise of Nassfeld has had this additional attraction since summer 2014: the „Däumling“ via ferrata is freely accessible in the Gartnerkofel Massif. We offer guided tours across the rocky ridge with towers and 4 rope bridges - including a 40 m long suspension rope bridge! This short action via ferrata is near the upper terminus, directly next to the Gartnerkofel.

DURATION: approx. 3 hours

EQUIPMENT: Sturdy shoes!

NOTE: Head for heights, surefootedness, sturdy shoes (with profile)!
Minimum age of 10 - via ferrata experience is absolutely necessary!
Children under the age of 14 not without an accompanying person!

COSTS: € 49,- per adult // Family ticket: up to 4 persons € 169,-
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE! Biketransfer is with costs!

REGISTRATION: Online registration – <https://www.felsenlabyrinth.at/de/klettern-klettersteige>
Sölle Sport – Tröpolach // Tel. +43 (0) 4285 / 7100



Wednesday

MTB ALPINE PASTURE TOUR INCL „JAUSE“



2 am

MEETING POINT:

Sölle Sport Shop Sonnenalpe Nassfeld

There are many trails to explore and discover in the pristine and wild Austrian / Italian border area at Nassfeld. Depending on the destination, there are about 300 - 400 metres of difference in altitude to master. A task easily managed by experienced bikers with a hardtail MTB. For less experienced bikers, we recommend the participation with an E-MTB. We enjoy delicious Gailtal Valley products, such as farm-house bacon and alpine cheese (drinks not included), at an alpine hut. Our professionally trained bike guide accompanies the whole tour.

Tours can be adapted to the biking skills of the participants.

DURATION: approx 3 hours

ALTITUDE METER: ca. 400 hm

EQUIPMENT: Functioning hardtail MTB or E-MTB - helmet is mandatory!
Sturdy footwear, suitable clothing!

COSTS: € 49,- per adult from age 16 with own bike
€ 59,- per adult from age 16, incl. MTB hardtail
€ 69,- per adult from age 16, incl. e-mountain bike

REGISTRATION: Online registration – <https://www.felsenlabyrinth.atca/de/mtb-trails/>
Sölle Sport – Tröpolach Tel. +43 (0) 4285 / 7100

SINGLETRAIL BASIC COURSE



9.45 am

MEETING POINT:

Sölle Sport Shop - Sonnenalpe Nassfeld

Faster, safer and easier downhill with the right downhill technique! You already feel quite fit on your bike and have already mastered some tours and altitude metres, but would like to feel even safer when riding your bike? You feel insecure when riding downhill, and roots and rough, gravelly, steep trails throw you off balance? Then you have come to the right place...

The first part of the course (SETUP, technical basics, posture, ...) takes about 1 hour. Afterwards we will bike on various trails, at the end also using a trail on the Italian side.

With the help of a guide and growing confidence, single trail biking at Nassfeld turns into the ultimate downhill experience.

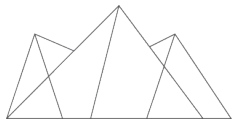
DURATION: approx. 3 hours

EQUIPMENT: Sturdy shoes, suitable clothing!
Freeride bike, protectors and helmet are included for the duration of the course!

NOTE: Minimum height of 150 cm – from age 16!

COSTS: € 89,- per adult from age 16!
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE!

REGISTRATION: Online registration – <https://www.felsenlabyrinth.atca/de/mtb-trails/>
Sölle Sport – Tröpolach Tel. +43 (0) 4285 / 7100



**MOUNTAINS
& LAKES**
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Thursday

3-ALPINE PASTURE HIKING TOUR ALONG THE CARNIC MILKY WAY



10 am

MEETING POINT:

Upper terminus Madritsche

We follow the tracks of the production of the Gailtal Valley alpine cheese and ask: where is the good Gailtal Valley alpine cheese traditionally made? From the Madritsche upper terminus „Via dolce vita“ or on the Aquatrail to the Rudnigalm, on to the Tröpolacher Alm and the Rattendorfer Alm. We get the chance to look over the alpine dairyman's shoulder and experience a hiking tour with culinary delights! We hike from the „Lighthouse“ constellation to the blooming landscape of the „Red Planet“ constellation!

DURATION: 3 - 4 hours

ROUTE: 8,5km

ALTITUDE METER: 615 hm

EQUIPMENT: Hiking boots, hiking clothes, weather protection, sun protection, rucksack with Jause lunch and drinks!

NOTE: Childrean from 8 years

COSTS: € 10,- per person for the hiking tour, **FREE OF CHARGE** with the **+CARD holiay!**
€ 14,- per person for the Alm taxi from the Rattendorfer Alm to Tröpolach!

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

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



10 am

MEETING POINT:

Schloss Lerchenhof - Untermöschach

Many herbs and flowers that we need are picked in the farm garden! Seminar farmwoman Gertrude Was-tian shows us where the „wild herbs“ can be found on the meadows. She knows like nobody else that there is an „herb“ for every taste.

DURATION: approx. 2, 5 hours

EQUIPMENT: Hiking clothes depending on weather, hiking boots, weather protection, sun protection and drinks!

COSTS: € 10- per person for the hiking tour, **FREE OF CHARGE** with the **+CARD holiday!**
€ 5,- per person- material costs!

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



Thursday

SUNRISE HIKING TOUR TO THE GARTNERKOFEL



Will be announced at registration!

MEETING POINT: State border - Sonnenalpe Nassfeld
(Hotel Berghof)

Getting up early is definitely worthwhile in this case! Experience an amazing sunrise full of atmosphere in the Carnic Alps at the Gartnerkofel with view to Italy. If you don't want to miss this unforgettable experience, you have to get up early. Still in the darkness of the night, you will go on a good 2-hour hiking tour towards the summit cross of the Gartnerkofel. Once arrived in 2,195 m above sea level at sunrise, you will experience a colourful sea of lights on the surrounding mountain peaks

DURATION: approx 4 hours

ALTITUDE METER: 615 hm

EQUIPMENT: Hiking clothes depending on weather, hiking boots, weather protection, torch or headtorch and Jause snack & drinks (tea)!

NOTE: **max. 7 pers** - total walking time approx 3 hours
followed by breakfast on the Watschiger Alm!

COSTS: € 10,- per person for the hiking tour, **FREE of CHARGE** with the **+CARD holiday**
Costs for breakfast!

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

STAND UP PADDLING ON LAKE PRESSEGGER SEE



10 am

MEETING POINT: Pressegger See - Strandbad Hermagor

Stand-up paddling (SUP) is a water sport where a sportsman or woman stands upright on a floatable board (SUP board) and paddles with the help of a canoe paddle.

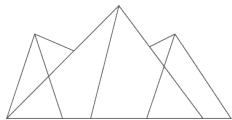
DURATION: 2 hours

EQUIPMENT: Swimwear

NOTE: **min. 3 pers // max. 9 pers**

COSTS: € 20,- per person **FREE of CHARGE** with the **+CARD holiday**
incl. SUP board rental!

REGISTRATION: Advance registration required by 5 pm the day before!
Sportfabrik Koller & Eder GesbR // Tel. +43 (0) 677 / 620 13 179



**MOUNTAINS
& LAKES**
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Thursday

GOLF „PAY & PLAY“



Advance registration

MEETING POINT: Nassfeld Golf course in Waidegg

Just come along, pay the daily fee & play on the public 6-hole-course!

COST: € 25,- per person € 15,- with **+CARD holiday DISCOUNT**

REGISTRATION: Advance registration required!
Golfanlage Nassfeld Golf, 9631 Waidegg 66
Tel. +43 (0) 4284 / 2011

BEGINNERS' SINGLE TRAIL – KIDS UNDER THE AGE OF 16 ONLY



09.45 am

MEETING POINT: Sölle Sport Shop Nassfeld
(lower terminus Madritschen chairlift)

Faster, safer and easier downhill with the right downhill technique!

You already feel quite fit on your bike and have already mastered some tours and altitude metres, but would like to feel even safer when riding your bike? You feel insecure when riding downhill, and roots and rough, gravelly, steep trails throw you off balance? Then you have come to the right place...

This course is specially designed for children and teenagers! Age-appropriate material and suitable practicing trails are carefully selected.

DURATION: 2 hours

EQUIPMENT: Sturdy shoes, suitable clothing
Freeride bike, protectors and helmet are included for the duration of the course!

NOTE: Minimum height of 130 cm - from age 8 to under 16!
A disclaimer must be signed by a parent!

COSTS: € 69,- per person incl. bike, protectors!
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the **+CARD holiday** are the lifts **FREE OF CHARGE!** **Biketransfer is with costs!**

REGISTRATION: Online registration - <https://www.felsenlabyrinth.at/de/mtb-trails/>
Sölle Sport - Tröpolach // Tel. +43 (0) 4285 / 7100



**MOUNTAINS
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Thursday

SINGLE TRAIL FAMILY COURSE



2.45 pm

MEETING POINT:

Sölle Sport Shop Nassfeld
(lower terminus Madritschen chairlift)

Shred together with the kids! The right course for the whole family!

Faster, safer and easier downhill with the right downhill technique!

You already feel quite fit on your bike and have already mastered some tours and altitude metres, but would like to feel even safer when riding your bike? You feel insecure when riding downhill, and roots and rough, gravelly, steep trails throw you off balance? Then you have come to the right place...

DURATION: approx 2 hours

EQUIPMENT

Sturdy shoes, suitable clothing
Freeride bike, protectors and helmet are included for the duration of the course!

NOTE:

Minimum height of 130 cm – from age 8 - participation of at least 1 parent is required!
A disclaimer must be signed by a parent!

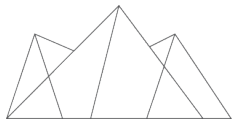
COSTS:

€ 79,- per adult from age 16 // € 59,- per child under the age of 16
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE! Biketransfer is with costs!

REGISTRATION:

Online registration - <https://www.felsenlabyrinth.at/de/mtb-trails/>
Sölle Sport - Tröpolach // Tel. +43 (0) 4285 / 7100





**MOUNTAINS
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Friday

GARNITZEN GORGE HIKING TOUR ON THE TRACKS OF THE GEO TRAIL



10 am

MEETING POINT: At the access to the Garnitzen Gorge

In the Garnitzen Gorge, you hike along emerald green, roaring streams, past fascinating and colourful rock and stone formations, created by the gigantic forces of nature. Many forces contribute to the creation of a gorge and a landscape. The Garnitzen Gorge Geo Trail demonstrates which forces are at work and how the rocks also help to create the gorge. Get ready to be surprised - our hiking guides have a lot to tell you!

DURATION:	4 - 5 hours	ROUTE:	6 km	ALTITUDE METER:	615 hm
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EQUIPMENT: Hiking boots, hiking clothes, weather protection, sun protection
rucksack with Jause lunch and drinks!
Possibility for a stop only at the END of the tour!

NOTE: Childrean from 8 years

COSTS: € 10,- per person for the hiking tour, **FREE OF CHARGE** with the **+CARD holiday!**

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

OUTDOOR FIT



10 am

MEETING POINT: Upper terminus Madritsche - Kofelalm

Ulli will surely make you sweat! The Millennium Express takes you uphill to the Madritsche upper terminus. The legs, bums & tums workout starts there in probably the most beautiful outdoor gym in the Alps. You have never seen anything like it! To warm up, we hike along the Aquatrail, followed by a great yoga session at the end of the trail, surrounded by the idyllic mountains of Nassfeld.

DURATION:	3,5 hours
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EQUIPMENT: Sportswear, drinks, windbreaker, towel

NOTE: max 9 Personen

COSTS: € 25,- per person
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE! **Biketransfer is with costs!**

REGISTRATION: Adance registration required by 5 pm the day before!
Sportfabrik Koller & Eder GesbR // Tel. +43 (0) 677 / 620 13 179



Friday

HIKING TOUR IN THE REALM OF THE JAUKEN PEAKS



9 am

MEETING POINT:

Tröpolach - Entrance to the
Millennium-Express car park!

Mountains and valleys as far as the eye can see... A hiking tour with impressive panoramic views that will make the hearts of hikers and nature lovers beat faster.

In the north, the Drava Valley, above it, for example, the Kreuzeck and Reißbeck Mountains. One trail further to the left is Austria's highest mountain - the Grossglockner. To the west, another mountain range of the Gailtal Valley Alps and the Lienz Dolomites - which appear to be at your fingertips.

Towards the south, a wonderful view into the Gailtal Valley with the magnificent mountain scenery of the Carnic Alps. To the east is the mighty Reißkofel - also called the „King of the Gailtal Valley Alps“, the most impressive mountain in the Gailtal Valley Alps!

DURATION: 3 - 4 hours

ROUTE: 8 km

ALTITUDE METER: 470 hm

EQUIPMENT:

Suitable hiking clothes according to weather situation, hiking boots, weather protection, sun protection, Jause lunch and drinks!
Possibility for a stop after the hiking tour!

NOTE:

Children from 8 years

COSTS:

€ 10,- per person for the hiking tour, **FREE OF CHARGE** with the **+CARD holiday**

REGISTRATION:

Advance registration required by 4pm the day before!

Info- & Servicecenter Nassfeld Pressegger See

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

GOLF „PAY & PLAY“



Advance registration

MEETING POINT: Nassfeld Golf course in Waidegg

Just come along, pay the daily fee & play on the public 6-hole-course!

COST:

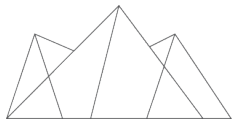
€ 25,- per person € 15,- with **+CARD holiday DISCOUNT**

REGISTRATION:

Advance registration required!

Golfanlage Nassfeld Golf, 9631 Waidegg 66

Tel. +43 (0) 4284 / 2011



**MOUNTAINS
& LAKES**
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Friday

RIVER TUBING - RIVER GAIL



2.30 pm

MEETING POINT:

Tröpolach - Gailbrücke (at the container)

Equipped with neoprene suit, life jacket and helmet, we will be RIVER TUBING down the Gail river. Rapids and whitewater swimming promise refreshment on hot summer days as well as lots of fun! We „drift“ with a tube on the Gail river from Tröpolach to Postran and enjoy the beautiful surroundings!

DURATION: 2 hours (approx 1 hour on the water)

EQUIPMENT: Don` t forget to bring swimwear!

NOTE: Children aged 8 to 14 accompanied by an adult!

COSTS: € 28,- per adults
€ 22,- per child under the age of 15

REGISTRATION: Online registration – <https://www.felsenlabyrinth.at/de/river-tubing>
Sölle Sport – Tröpolach Tel. +43 (0) 4285 / 7100

“DÄUMLING“ VIA FERRATA – LEVEL OF DIFFICULTY “C”



Advance registration

MEETING POINT: Lower terminus Gartnerkofel chairlift

The climbing paradise of Nassfeld has had this additional attraction since summer 2014: the „Däumling“ via ferrata is freely accessible in the Gartnerkofel Massif. We offer guided tours across the rocky ridge with towers and 4 rope bridges - including a 40 m long suspension rope bridge! This short action via ferrata is near the upper terminus, directly next to the Gartnerkofel.

DURATION: approx. 3 hours

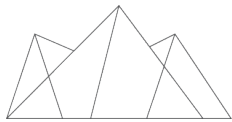
EQUIPMENT: Sturdy shoes!

NOTE: Head for heights, surefootedness, sturdy shoes (with profile)!
Minimum age of 10 - via ferrata experience is absolutely necessary!
Children under the age of 14 not without an accompanying person!

COSTS: € 49,- per adult // Family ticket: up to 4 persons € 169,-
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE! Biketransfer is with costs!

REGISTRATION: Online registration – <https://www.felsenlabyrinth.at/de/klettern-klettersteige>
Sölle Sport – Tröpolach // Tel. +43 (0) 4285 / 7100





**MOUNTAINS
& LAKES**
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Freitag

SINGLETRAIL BASIC COURSE



9.45 am

MEETING POINT:

Sölle Sport Shop - Sonnenalpe Nassfeld

Faster, safer and easier downhill with the right downhill technique! You already feel quite fit on your bike and have already mastered some tours and altitude metres, but would like to feel even safer when riding your bike? You feel insecure when riding downhill, and roots and rough, gravelly, steep trails throw you off balance? Then you have come to the right place...

The first part of the course (SETUP, technical basics, posture, ...) takes about 1 hour. Afterwards we will bike on various trails, at the end also using a trail on the Italian side.

With the help of a guide and growing confidence, single trail biking at Nassfeld turns into the ultimate downhill experience.

DURATION: approx. 3 hours

EQUIPMENT: Sturdy shoes, suitable clothing!
Freeride bike, protectors and helmet are included for the duration of the course!

NOTE: Minimum height of 150 cm – from age 16!

COSTS: € 89,- per adult from age 16!
Valid lift ticket for the uphill ride - start of the flow trail (not included in the costs!)
With the +CARD holiday are the lifts FREE OF CHARGE! Biketransfer is with costs!

REGISTRATION: Online registration – <https://www.felsenlabyrinth.atca/de/mtb-trails/>
Sölle Sport – Tröpolach Tel. +43 (0) 4285 / 7100

MTB ALPINE PASTURE TOUR INCL. JAUSE



2 am

MEETING POINT:

Sölle Sport Shop - Sonnenalpe Nassfeld

There are many trails to explore and discover in the pristine and wild Austrian / Italian border area at Nassfeld. Depending on the destination, there are about 300 - 400 metres of difference in altitude to master. A task easily managed by experienced bikers with a hardtail MTB. For less experienced bikers, we recommend the participation with an E-MTB. We enjoy delicious Gailtal Valley products, such as farm-house bacon and alpine cheese (drinks not included), at an alpine hut. Our professionally trained bike guide accompanies the whole tour.

Tours can be adapted to the biking skills of the participants.

DURATION: approx 3 hours

ALTITUDE METER: ca. 400 hm

EQUIPMENT: Functioning hardtail MTB or E-MTB - helmet is mandatory!
Sturdy footwear, suitable clothing!

COSTS: € 49,- per adult from age 16 with own bike
€ 59,- per adult from age 16, incl. MTB hardtail
€ 69,- per adult from age 16, incl. e-mountain bike

REGISTRATION: Online registration – <https://www.felsenlabyrinth.atca/de/mtb-trails/>
Sölle Sport – Tröpolach Tel. +43 (0) 4285 / 7100



Friday

CHALLENGING BIKE TOUR TO THE EGGER ALM



9.30 am

MEETING POINT:

Base Camp - Hotel Falkensteiner Carinzia

This challenging bike tour for experienced bikers starts in Tröpolach. From here you can take the R3 Cycle Track towards Hermagor to the „Garnitzen Gorge“. From here it's uphill - the challenging ascent of 630m along the Eggeralm Road (1420m). Once you arrive in the idyllic alpine village of the Egger Alm, take a well-deserved break and enjoy the mountain air. Afterwards, we continue to the „Dellacher Alm“, from where we descend back towards the valley (580 altitude metres) via an action-packed forest downhill run. We return leisurely along the Gail river to the starting point in Tröpolach.

DURATION: 6 hours

ROUTE: 45 km

ALTITUDE METER: approx 1.050 hm

EQUIPMENT: Helmet is mandatory, sports shoes / cycling clothes, weather protection, sun protection, rucksack with Jause lunch and drinks!

COSTS: € 35,- per person
E-bike rental available on site, € 25.00 per day

REGISTRATION: Advance registration required by 5pm the day before!
Sportfabrik Koller & Eder GesbR // Tel. +43 (0) 677 620 13 179

Sunday

SEGWAY TOUR



3 pm

MEETING POINT:

Base Camp - Hotel Falkensteiner Carinzia

Let's go on a fun and action-packed SEGWAY TOUR (suitable for teenagers and adults). After a detailed introduction, we start on asphalt to get used to the equipment. The tour continues on gravel along the bike track in and around Tröpolach. Fun and action is guaranteed!

DURATION: 1 hour

EQUIPMENT: Sport shoes, weather protection (jacket) sun protection

NOTE: Children from age 12 (min. 42 kg) – for max. 10 persons

COSTS: € 45,- per adult, € 36,- per adult with +CARD holiday DISCOUNT
€ 40,- per child € 32,- per child with +CARD holiday DISCOUNT

REGISTRATION: Advance registration required by 5 pm the day before
Sportfabrik Koller & Eder GesbR // Tel. +43 (0) 677 / 620 13 179



Nassfeld
Pressegger See

Pressegger See

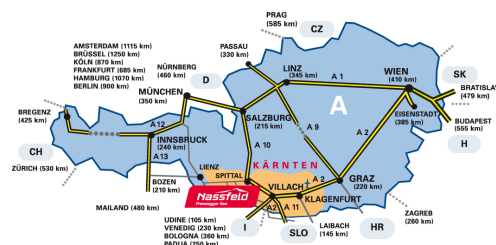
nice surprise



Ice skating at Lake Pressegger See and Lake Weissensee

CONTACT & INFORMATION

info@nassfeld.at www.nassfeld.at



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Mit Unterstützung von Land und Europäischer Union
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