



Week program
12th until 18th of July 2021

A big welcome



General information

Reception:	0043 4246 7719
Tourist office:	0043 4246 78780
Sporting-blue – sailing school:	0043 650 551 2470

Rental equipment

- * Backpack
- * Hiking sticks
- * First aid kit
- * Water bottle
- * Hiking map

You will receive this equipment at the reception!



Monday:

- 08.45 am: Climbing course Döbriach**
Access into climbing with an introduction
for kids from 8 years and adults
Duration: about 2 hours
Price: € 30,00
Meeting point: Jungfernsprung Döbriach
Registration until **Sunday, 05.00 pm +43 4246 78780**
- 09.00 am: Moved in the park**
Exercise with walking
Duration: approx. 1 hour
Meeting point: Kurpark Döbriach - at the playground
No registration required!
- 10.00 am: Windsurfing course for beginners**
Price: € 12,00
Meeting point: Parkbad Döbriach
Registration and information: the day before until 05.00 pm.
Tel: +43 650 55 124 70 or info@sporting-blue.at
- 11.30 am: Stand up paddling introductory course**
Price: € 23,00; **Duration:** approx. 1 hour
Meeting point: Parkbad Döbriach
Registration: the day before until 05.00 pm.
Tel.: +43 650 55 124 70 or info@sporting-blue.at
- 05.00 pm: Try out sailing**
Price: € 12,00 **Meeting point:** Parkbad Döbriach
Registration: the day before until 05.00 pm.
Tel.: +43 650 55 124 70 or info@sporting-blue.at
- 05.00 pm: Golf course (starting from 3 participants)**
Duration: about 1 hour
Price: € 7,00 per person including racket and ball
Meeting point: Golf course Millstätter See
Registration: until Sunday, 05.00 pm: **+43 4762 82548**

Tuesday:

- 08.00 am:** Millstatt - Bay hike (LIMITED NUMBER OF PARTICIPANTS)
Guided water hike by rowing boat to the bays on the southern bank.
Meeting point: Wassersport Strobl - approx. 10 minutes by car.
Duration: approx. 1,5 hours. **Price:** € 20,00 per person
Registration until Monday, 03.30 pm Tel.: +43 4766 3700-0
- 09.10 am:** Hike to the Pfannseen and Pfannnock (2230 m)
The starting point of the hike is the Erlacherhaus in the Langalmthal.
The arrival will be with your own car. (toll road € 4,00 per car in coins)
A break at the Erlacher Bockhütte is also planned. Please take a drink and a small snack with you. (cereal bars, dried fruits, nuts,...)
Walking time: approx. 4 – 4,5 hours
Altitude difference: uphill 612 m, downhill 612 m
Distance: 7,5 km
Surefootedness is necessary!
Meeting point is at **09.10 am** in front of the hotel.
Registration until Monday, 08.00 pm at the reception.
- 10.00 am:** Guided tour through the Kaslab'n dairy - Radenthein
The cheese dairy - Kaslab'n Nockberge is not just for cheese lover's perfect destination, but is also the point of contact for regional and farm products.
Minimum participants of 5 people, duration: approx. 1,5 hours
Costs: € 9.00 per adult and € 5.00 per child (6-14.9 years)
Guided tour including cheese tasting
Meeting point: Kaslab'n Radenthein
Registration until Monday, 05.00 pm Tel.: +43 4246 37500.
- 10.30 am:** Introductory kayak course
Price: € 23,00 **Meeting point:** Parkbad Döbriach
Registration and information: the day before until 05.00 pm.
Tel.: +43 650 55 124 70 or info@sporting-blue.at
- 11.00 am:** Guided tour through the dairy "Lammersdorfer Almsennerei"
Price: free of charge but with toll road, **Duration:** about 30 minutes
Meeting point: Lammersdorfer Hütte
No registration necessary!

07.00 pm: Döbriach market
Sales market for regional products, handicrafts, souvenirs, food and drinks, live music, fun and entertainment!
Admission only with 3-G proof (tested, vaccinated, recovered)!

Wednesday:

08.00 am: Kayak good morning tour
Price: € 30,00; **Duration:** approx. 2 hours
Meeting point: Parkbad Döbriach
Registration: the day before until 05.00 pm.
Tel: +43 650 55 124 70 or info@sporting-blue.at

08.30 am: Relaxation in the park
TIME for RELAXATION - You will spend an hour of rest and relaxation with easy to implement exercises from relaxation training. You can increase your wellbeing with relaxation techniques and experience more serenity and satisfaction at the same time.
Meeting point: Kurpark Döbriach; **Duration:** approx. 1 hour
Price: € 16,00
The hour of relaxation is canceled in rainy weather!
Note: Please bring a towel and, if available, a mat.
(Mats are available in limited numbers). Take something to drink with you if necessary. **Please register until the day before:**
by phone +43 660 144 5504 or by email to juwelia@gmx.at

08.45 am: Climbing course Döbriach
Access into climbing with an introduction for kids from 8 years and adults
Duration: about 2 hours
Price: € 30,00
Meeting point: Jungfernsprung Döbriach
Registration until Tuesday, 05.00 pm +43 4246 78780

- 09.00 am: Bike active tour with bike guide Christoph**
 The tours up to 450 meters in altitude are for experienced bikers! Breath-taking views of the valleys and insights into the picturesque surroundings of Lake Millstatt will await us. With the right tips, we can also master slightly demanding passages on the descents!
Conditions: sturdy shoes (sports shoes recommended), drink, changing clothes, your own mountain bike - if available - you can also rent mountain bikes at the hotel.
 A first aid kit and helmets are available at reception.
Duration: approx. 3,5 hours
Meeting point: approx. 5 mins before start of the tour at the reception.
We ask for your registration until Tuesday, 8.00 pm at the reception.
- 09.10 am: Circular hike at the Goldeck**
 Family-friendly 3-peak hike with a view to the Millstätter See (Seetalnock 2131 m, Goldeck 2134 m, Martenock 2039 m)
 You can get there with your own car via the Goldeck Panoramastraße (toll road - free of charge with the Kärnten Card) to the Seental at 1,880m. (approx. 35 km, driving time approx. 45 minutes)
Walking time: approx. 2.5 hours
Altitude difference: uphill 360 m; **Distance:** 6.5 km
 Please take a drink and a small snack with you (cereal bars, dried fruits, nuts ...). Meeting point is at **09.10 am** in front of the hotel.
We ask for your registration until Tuesday, 08.00 pm at the reception.
- 10.30 am: Stand up paddling introductory course**
Price: € 23,00; **Meeting point:** Parkbad Döbriach
Registration and information: the day before until 05.00 pm.
Tel.: +43 650 55 124 70 or info@sporting-blue.at
- 04.30 pm Bike technique training for kids (from 7-12 years)**
 Here you learn to control the bike in a playful way!
The focus is on:
 - cornering properly, balance training
 - shift correctly & brake safely
 - Conduct in traffic
Conditions: - Mountain bike, helmet and filled water bottle (available at the reception) - sturdy shoes (sports shoes)
Duration: approx. 1 hour
Meeting point: at the reception 5 minutes before the tour starts.
We ask for your registration until Tuesday, 08.00 pm at reception.

05.00 pm: Archery introductory course
Price: € 15.00 per adult and € 10.00 per child
Meeting point: Döbriach village square
Registration until Tuesday Tel.: + 43 650 7302487

Thursday:

08.00 am: Millstatt - Bay hike (LIMITED NUMBER OF PARTICIPANTS)
Guided water hike by rowing boat to the bays on the southern bank.
Meeting point: Wassersport Strobl - approx. 10 minutes by car.
Duration: approx. 1,5 hours. **Price:** € 20,00 per person
Registration until Wednesday, 03.30 pm Tel.: +43 4766 3700-0

09.00 am: E-bike technique training for adults (beginners)
with bike guide Christoph
Here you learn to be safe and to be confident with an E-bike!
The focus is on:
- brake safely on different surfaces
- Correct operation of the electric drive and gearshift
- drive safely downhill
Conditions:
- your own electric bike (if available) otherwise renting
E-bikes is possible in town - Sport 2000 or Charly's Seelounge.
- Helmets are available at the reception
- sturdy shoes (sports shoes)
Duration: approx. 1 hour
Meeting point: at the reception 5 minutes before the tour starts.
Please register until Wednesday, 08.00 pm at the reception.

10.10 am: Family hike - crab walking mile
We walk in the footsteps of the Weierbach of the stone crab.
Please take your hiking pass, drink and small snack with you.
Distance: approx. 3.5 km **Altitude difference:** approx. 50 m
Walking time: approx. 1 hour
The arrival will be with your own car to Fresach. (8.5 km)
Return to the hotel: around 02.00 pm.
Meeting point is in front of the hotel at **10.10 am.**
We ask for your registration until Wednesday, 08.00 pm at the reception.

- 10.30 am: Introductory kayak course**
Price: € 23.00 **Meeting point:** Parkbad Döbriach
Registration: the day before until 05.00 pm.
Tel.: +43 650 55 124 70 or info@sporting-blue.at
- 04.30 pm: Bike downhill camp for kids from 13-16 years (advanced)**
It goes on a small tour to the downhill and pump track to Seeboden!
The focus is on:
- Driving on a steep curve & driving on a wave run
 - Downhill technique
 - slight jumps
 - Balance training in the course
- Requirement:**
- Own mountain bike (if available)
- mountain bikes are also available in the hotel!
- Helmets are also available at the reception
 - Sturdy shoes (sports shoes) & a filled drinking bottle
- Duration:** approx. 2 hours
Meeting point: at the reception 5 minutes before the tour starts.
Please register until Wednesday, 08.00 pm at the reception!

Friday:

- 08.45 am: Climbing course Döbriach**
Access into climbing with an introduction
for kids from 8 years and adults
Duration: about 2 hours
Price: € 30,00
Meeting point: Jungfernsprung Döbriach
Registration until Thursday, 05.00 pm +43 4246 78780
- 10.30 am: Stand up paddling introductory course**
Price: € 23.00 **Meeting point:** Parkbad Döbriach
Registration: the day before until 05.00 pm.
Tel.: +43 650 55 12470 or info@sporting-blue.at
- 03.00 pm Radentheiner market**
until 06.30 pm: You will expect a wide offer of regional products

Sunday:

06.00 pm: Trial tennis
Price: € 5.00 including rental rackets
Meeting point: tennis courts at Burgstaller camping (opposite Ritschi)
Registration: the day before Tel: +43 676 7856336

If the weather is not good or there will be program changes,
we will inform you of course.

If you need information, please let us know.

We wish you a beautiful stay in our hotel!

