Austria / Carinthia / Region Villach – Lake Faak – Lake Ossiach:

**On the move: Nature as a glorious backdrop to training!**

**Just get out there! Experience nature, reconnect with your senses or simply push yourself to the limit for once. In the Region Villach – Lake Faak – Lake Ossiach, the countless sports opportunities available cannot fail to please and make a holiday in the heart of Carinthia simply unforgettable.**

A run alongside a shady stream becomes an effective workout. The beautiful, fairy tale-like meadow in the clearing in the wood is the perfect spot for whole body training that really does the trick. The exciting rock climbing face doubles up as an adventure-filled power studio. The Region Villach – Lake Faak – Lake Ossiach brings movement to a holiday. And so much joy: the awe-inspiring mountains and glittering lakes will automatically draw you outside.

Exercising in the midst of nature means taking it as fast or as slow as you, personally, want. Trust to your own inner strength and experience magical moments and true freedom - for it’s all about the joy and fun of movement. Whether that be swimming, cycling, hiking, Nordic walking, running, playing golf, tennis, riding paragliding, fishing, bouldering or climbing - the main thing is just to get out there!

**Who can hear their call?** An impressive total of nine bathing lakes aim to entice visitors down to the water’s edge; they include, for example, the turquoise-blue Lake Faak or the Lake Ossiach, so rich in variety. They offer swimming, wind-surfing, diving or water-skiing; as well as the water sports of the moment, wakeboarding, parasailing and stand-up paddling. But there’s a lot going on on the rivers,too: how about a kayak or SUP excursion into the “Everglades”, the nature reserve on the Lake Faak, or a leisurely canoe trip along the deep-green waters of the Drau or the Gail?

Or heed the call of the magical mountains in the Region Villach – Lake Faak – Lake Ossiach: the Dobratsch Nature Park, Dreiländereck, Gerlitzen Alpe, Verditz and Mittagskogel. And the best thing about it: these sensational tours are right on your doorstep. Offering infinite vistas, fabulous panoramas, aromatic alpine air and Carinthian joie-de-vivre. The blue riband discipline? Long-distance hiking. The Alpe-Adria-Trail winds its way for an incredible 750 kilometres from the mountains to the sea - through a veritable Garden of Eden. One of the most beautiful sections of the Trail runs through the exceptional region around Villach. For those who would rather stick to Carinthia, the Dobratsch Circular Route can be highly recommended. Composed of four stages, each of approx. 17 kilometres in length, it offers more than enough opportunity to slow down. The flora and fauna around this imposing massif are truly worth seeing. Despite a short radius of barely ten kilometres, the scene changes continuously. And

the path will take you through countryside and nature reserves, as well as European protected areas. It is, of course, not compulsory to do the whole route in one go. Stages interspersed with bathing days at one of the many nearby lakes will give that great feeling of a holiday well spent.

**Slow Trails.** The Bleistätter Moor at Lake Ossiach, Drauschleife/Wernberg, Lake Afritz and Lake Faak Slow Trails, offering leisurely walks in glorious settings, put a smile on everyone’s face. The idea here is to slow down, not scale up - so they offer a worthwhile contrast to a steep mountain hike.

**Wonderfully bikeable.** The joy of cycling in whatever form it takes: gliding round lakes, scaling mountains, pedalling alongside rivers, flitting through lovely villages and towns. An excursion that’s good for the soul and for one’s health, too. On broad, slower-paced family cycle paths, the exceptional race track with its perfect road network and on e-bike excursions enjoying the helpful added thrust.

Some of the most exciting routes? The Drau river cycle path, the Carnic Alps path and the Ciclovia Alpe-Adria long-distance cycle path from Salzburg to Villach and on to Grado. The best thing about it: if the way home is “a bridge too far”, the bike (and rider) can be loaded up on a Radbus or train. A fantastic option: discover these tours with the assistance of a professional guide. And if there’s no space in the luggage for your own bike, you can rent a top-of-the-range model where you’re staying.

Mountain bikers from home and abroad are raving about the lake.bike programme. It includes trails of every level of difficulty, some of them (literally) crossing borders; the “areaone” practice centre and the pump track at the Drobollach beach complex on the Lake Faak - or what about the new Kids Bike Park on the Gerlitzen Alpe? Anyone wishing to have an out-and-out biking holiday can choose from a range of holiday hosts who have specially adapted their offerings to the needs of bikers.

**The love of running.** Running as a pleasure: on tracks that are all in beautiful settings but range in length and difficulty, from straightforward to challenging. All according to your level of fitness and your mood. From hilly trail-running paths and challenging mountain trails to hiking routes and proper roads - or pleasurable paths along the banks of a lake. The ultimate one: the signposted marathon trail from Weißenstein to Wernberg covering the full, challenging 42.195 kilometres.

Where will the Nordic walking trails take you? To the sunny summit of the Gerlitzen Alpe, for example. Or to the fitness parkour track in Warmbad-Villach. Or perhaps along the majestic River Drau or round the nine shimmering lakes in the region. And here’s an insider tip: the refreshing walking and healthy living paths in and around the “air spa” town of Bad Bleiburg. All of this in line with the mantra: there’s a gentle but no less enjoyable way to explore the region around Villach.

**Climbing to happiness.** Do your senses race at the thought of climbing? In which case we recommend the most popular climbing gardens in Carinthia: the Kanzianiberg near Finkenstein on the Lake Faak; and the Peterlewand climbing garden in Bodensdorf, which offers glorious views of the Lake Ossiach. Additionally the high ropes and forest ropes courses, as well as the Natural Action Park on Lake Faak, offer even more fun and adventure for holidaymakers. When it comes to vertical fun of the indoor variety, two new locations of note have opened up in Villach. With some 2,000 m² of climbing space, the climbing hall offers over 200 routes and 80 bouldering options. The latter is also available at the Volume bouldering hall, which recently opened in 2021. The Carinthian climbing scene has gained a welcome new attraction, which boasts special wall angles and large training and kids’ areas.

**The Lake Ossiach will move you.** Another new and perfectly-conceived attraction is the “Ossiacher See in Motion” arena. Visitors can enjoy walking between any or all of the locations along the north bank, from Einöde to Tiffen. Six different starting points, all with colour-coded route maps make it easy for walkers to orientate themselves. And they will be thrilled with the views of the deep-blue lake and Castle Landskron along the way. The new arena contains 60.6 kilometres of paths.

**Ultimate thermals.** Would you like to try a bird’s eye view of the lakes and mountains around Villach? Excellent! The Gerlitzen Alpe is acknowledged to be one of the leading paragliding mountains in Austria. The “launch pad” is right next to the top of the chairlift that takes you to the summit.

**Teeing off in style.** Ready to tee off? The imposing golf course at Schloss Finkenstein on the Lake Faak adds some swing to a holiday in Carinthia.It is a tip-top 18-hole course with breath-taking views of the Karawanken mountain chain, the Mittagskogel and the Dobratsch. And just a very short drive from Villach. For beginners and low handicappers alike. To make every golfer’s heart sing: the season extends into November.

Want even more fresh air, even more nature, even more adventure? No problem! We have specially-trained guides to take you deep into the landscape. On the **Active Nature Canoe** trips, for example, which take you along the River Gail to the Schütt area, hugging the south face of the Dobratsch.

**Information & booking:**

Region Villach Tourismus GmbH

Peraustraße 32 • 9500 Villach, Austria

Tel.: +43 / (0)4242 / 42000 – 0 • Fax ext.: 42

Email: office@region-villach.at • [www.visitvillach.at](http://www.visitvillach.at)

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