



# Bike Kleinkirchheim

## From the mountain to the lake

The Bad Kleinkirchheim nock/bike region makes bikers' hearts skip a beat! With its impressive programme around the subject of "bikes" from guided tours to technique training, the region delights everyone from active athletes to families, and guarantees unforgettable moments of sunshine.

### **A variety of bike options**

Mountain bike, racing cycle, e-bike or a pleasure tour with the family? The Bad Kleinkirchheim nock/bike region offers plenty of variety for everyone: in total there is a legal cycle route network covering 750 km for all levels of expertise, which can also be combined with routes around Lake Millstätter See. Downhill there is a total difference in altitude of 2,300 metres and uphill over 1,000 metres. Mountain bikes and e-mountain bikes can easily be hired at the local rental shops or at Lake Millstätter See.

Limitlessly attractive racing bike tours: if you prefer to ride a racing bike, over 20 tours await you in the Nockberge mountains, as well as the unique Nockalm Road with 52 bends. For unlimited moments of sunshine uphill and down, and memories that will last.

### **Europe's longest Flow Country Trail – The countdown is running**

After a construction period of just under a year, the ceremonial opening is getting closer and closer – from summer 2019 the longest Flow Country Trail in Europe will be ready and waiting in Bad Kleinkirchheim for enthusiastic bikers! And first of all there is a leisurely way of going up to the Kaiserburg by gondola, as roughly half of the gondolas have been converted to guarantee trouble-free cycle transport.

From there you can head back down into the valley again on the new trail – with steep bends, drops, bumps and rollers included on the gravelled trail. The construction work started back in May 2018, around a million euros has been invested and the trail extends for 15 km. The total difference in altitude you can cover on the trail is just under 1,000 metres, with an average gradient of 8% – moments of sunshine for bike lovers. Access to the trail is at 2,055 metres above sea level near the mountain station of the Kaiserburgbahn, amidst the gentle alpine world of the Nockberge mountains. Rest and relaxation points along the trail are inviting options for wonderful breaks with a view of the southern alpine world. The highlight of the Bad Kleinkirchheim bike region is that at



certain points you can leave the Flow Country Trail and continue your tour on other routes and trails in the region.

But before you hit the trail, you may need to brush up on your technique: at the nock/bike practice course in Feld am See they will train you in the right technique on a 400-metre-long circular course with pumps and North Shore elements, a stone and root field as well as a staircase and steep bends. In addition, a practice course of around 1,000 square metres and a pump track are being constructed at the Kaiserburgbahn valley station in Bad Kleinkirchheim. After this you can conquer the Flow Country Trail or the five unique Nature Single Trails in the Bad Kleinkirchheim region.

### **What more could a biker's heart desire?**

At the nock/bike competence centre run by the Krainer sports school in Feld am See, active guests have been excellently looked after by well-trained guides for more than 20 years: as well as e-bike hire and classic bike hire, guided mountain bike tours are offered daily in several groups based on ability, where you can take part in professional cycling technique training or simply get to know your bike on a taster tour at a leisurely pace. And it goes without saying that they offer bike hire, and a repair and collection service. Certified bike hotels also leave nothing to be desired: as well as cooperation arrangements with the region's own bike centres and their expert guides, the accommodation establishments also have a wealth of information available about cycling in the Bad Kleinkirchheim region. They also offer cyclists their own room, where they can wash and dry their bikes, their cycling clothing and shoes. There is a weekly cyclists' meet-up, and finally for beginners there is the possibility of a taster training session. So every comfort is available for pleasant cycling!

### **Sheer nature – from the summit to the lake**

You can only do it in the Bad Kleinkirchheim nock/bike region: when sporting adventure calls, mountain bike or e-mountain bike are the ideal ways of conquering the summits of the Carinthian Nockberge mountains immediately. In total there are five unique Nature Single Trails, which are sure to make bikers' hearts miss a beat: with different levels of difficulty from easy to difficult, there is something here for every level of expertise. Selected tours and trails even lead directly to the bikers' lounge on the shore of the picturesque Lake Brennsee.

### **Unique mountain, lake and spa experience**



After a sporting day, you can relax in the town's own thermal spas: the Thermal Römerbad and the St. Kathrein family and health thermal spa are sure to provide pleasant moments of sunshine.

The pleasure oasis of the Thermal Römerbad extends over an area of 12,000 square metres and 3 levels, and will pamper you with 13 themed saunas, an extensive massage and beauty area, and several thermal water pools. Large panoramic windows ensure a sunny view of the gentle alpine world of the Carinthian Nockberge mountains that you have previously explored by bike.

In the St. Kathrein family and health thermal spa, which reopened in 2017, you can plunge into the largest area of water of all the Carinthian thermal spas, at 1,200 square metres. The 86-metre-long slide promises fun for young and old. Here you can safely relax and indulge yourself in every corner, whether in the stone pine relaxation room or enjoying a healthy infusion made from herbs from the region in the sauna landscape.

As well as the two spas, the magical Lake Brennsee will entice you with its cool water: so after an exciting day's biking adventures, you can calmly unwind on the lake shore and enjoy the natural surroundings. If you still have some energy left over, a varied programme also awaits you here: from kayaking to windsurfing, stand up paddle boarding and sailing, or simply gently swimming in the cool water – you can do it all here.

### **Information:**

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