

Rent a Bike • Shop • Service

probike Lienz - Professionals for your bike



40 Whether family bike, electric bike, racing bike or mountain bike – “probike”, like East Tyrol itself, is a Mecca for cyclists and the number 1 place for bike repairs and service. A range of excellent rental bikes is available any time. A wide range of functional, state-of-the-art cycling clothing and accessories is also available. The homepage offers more than 50 suggestions and descriptions of mountain bike tours. www.probike-lienz.at, Lienz, Amlichsstraße 1a
Opening times: Mon-Fri 9 a.m.-12 p.m., 2-6 p.m., Sat 9 a.m.-1 p.m., Tel.: +43 4852 73536

First Tyrolean Vitalpinum

Feel, sense, experience • Well-being from the Tyrolean mountains!



41 Relaxation, vitality, pampering: located directly on the Drauzsee (B 100) in Thal, the alpine park of well-being (6.500 m²) of the First Tyrolean Mountain Spa of distillery of the Unterveger brothers awaits you. Discover the vital power of the mountains with all your senses. Show distillery, wellness garden with many “senses” stations, stone oven relaxation point, playground, shop with high-quality care products by Unterveger, all natural label, special exhibition “Purest Essential Oils since 1880”... – the East Tyrolean Spa destination Opens: daily from May to October 10 a.m. to 5 p.m., July to August 9 a.m. to 6 p.m., package deals for groups. Guided tours on request, bus/carp parking areas; shop open year round, Tel.: +43 4856 81006, www.vitalpinum.com, office@vitalpinum.com

Toboggan through the Wildlife Park

Summer toboggan run Wildlife Park Assling



42 Located in Wildlife Park Assling, nestled in a beautiful natural landscape, the summer toboggan run provides endless fun. The ride with views of the Lienz Dolomites, past grazing elk and deer is an unforgettable experience for the whole family. A small cable lift takes you to the mountain station. The route of approximately 390 metres has a height difference of 100 metres. In the “Bärenwelt” in hugging tobogganers can enjoy regional delicacies.
Closed weeks: Mon-Fri 1.5 p.m., Sat, Sun, public holidays 11 am-5 p.m., Off season weekdays in April, May and October, Peak season: 11 a.m.-5 p.m., daily, Tel.: +43 664 1212287, www.bernwelt-wild-essling.at

Adventure World Assling

Deer park • restaurant • summer toboggan run • playground • model railway



43 Dive into the world of indigenous species. Experience nature and animals in the 1 ½ hour tour of the wildlife park – amongst deer and lynx, past raccoons, owls, mountain goats and bison, and many more. Leave everyday life behind you. Indulge yourself with regional specialties in the restaurant “Bärenwelt” and round off your day in the playground. Wildlife Park Assling, playground and souvenir shop daily from 9 a.m. to 7 p.m., dogs admissible on leads, stroller-friendly, Tel.: +43 4852 20474, www.wildlife-wild-essling.at

Memorable experience on two wheels

With Papir Sport along the Drauz cycle path



44 What would be a vacation in East Tyrol without a tour at the most popular cycle path in Europe? All the required equipment is provided by Papir Sport. The family business has been leading rental services of city-, mountain-, trekking bikes and e-bikes for old and young (plus attachments) for decades. 10.000 bikes for every task are offered. Simply rent a bike at the railway station in Toblach, Innichen, Sillian or Lienz, enjoy the gorgeous cycling path at the Drauzee and then return the bike. The starting point can be reached comfortably and stress-free via train. Info: Papir Sport, Raabenehnbüh, Shop, Tel.: +39 0474 913450, +43 720 445566, info@papirsport.com, www.papirsport.com

Dolomitengolf • an Echo with Every Strike

One of Austria's most beautiful golf courses in Lavant



45 At the foot of the breathtaking backdrop of the Lienz Dolomites in Lavant, GC Dolomitengolf welcomes you with one of Austria's most beautiful 27-hole championship courses. The course offers 4x3 which can be combined for two daily 18-hole championship rounds Par 72. The practice course with open or roofed tee boxes, sand bunkers, chipping greens and putting greens offers the best training facilities. The Akademie Dolomitengolf is amongst the most professional Austrian golf schools.
Experience pleasure and adventure up close. Imagine a place which entices you and demands all your senses! Go along the water path, cross spectacular bridges, stroll along steep cliffs or try one of the many fixed rope routes. It is up to you. Besides family friendly climbing paths, you can also follow the footsteps of Tarzan and climb trees in the huge climbing park, or enjoy a wonderful day at the water playground.
Opening times: 10.-13.5., 19.-21.5., 26.5.-30.6., 10.9.-30.9.2018, 10-17, 1.7.- 9.9.2018, 9-18, Info: www.galitzenklamm.info

Mountains look into the city

Lienzer Bergbahnen



46 Hiking Area Lienz-Zetterfeld 1 gondola panoramic cable car, 1 4-seat chairlift up to 2,278 m above sea level. Zetterfeld is the gateway to the National Park Hohe Tauern and the starting point for many beautiful hikes. Enjoy the most sunshine hours in Austria and East Tyrolean specialties in the mountain restaurants facing the Lienz Dolomites.
47 Hiking Area Lienz-Hochstein 1 combination trip (8-seat gondola + 8-seat chair lift), 1 double chairlift to the Sennalpin up to 1,555 m above sea level. Osttiroler, Petting zoo, woodland playground, excellent refreshments, climbing park and great mountain tours await you on the Lienzer Hausberg Hochstein. Info: Tel.: +43 4852 63975, www.lienzer-bergbahnen.at

Osttiroler on the Lienzer Schlossberg

The Alps' most spectacular Alpine Roller Coaster



48 Experience the spectacular ride on one of the longest “Alpine Coasters” in the world! Through green forests, spinning in lofty heights, racing through rapid bends, waves... You will be thrilled! Directly at Lienz/Hochstein city limits! Children can speed 2.7 km into the valley on sleds in ones or twos. Children under 8 must be accompanied. Experience Lienz in a new way, never before seen, with a view of Bruck Castle and a breath-taking view of the city of Lienz.
Opening times: from Thursday, 28th June to Sunday, 16th September 2018 every day from 9 a.m. to 5 p.m.
Pre- and post-session watch out at: www.lienzer-bergbahnen.at, Info: Tel.: +43 4852 63975

Petting Zoo Moosalm

The children's world at the Lienz Schlossberg



49 One of Austria's most modern cable cars comfortably takes the whole family to a height of 1,000 metres level. The fenced in petting zoo is located in a flat forest and meadow area with various stables and a pond. There are plenty of animals that cannot get enough of the children's attention and carresses. The forest adventure playground is shaded by enormous trees. Among many other things, a huge zip line awaits brave little adventurers. Admission is free. A restaurant with large sun terrace is in close proximity. Info: Moosalm, Lienz, Tel.: +43 4852 63931

Naturfreundehütte, 1.850 m

Ideal destination above Lienz



50 The nature-friends hut at the Zetterfeld is a family-friendly destination and a perfect starting point for many tours nearby. You can enjoy the local cuisine and home-made sweet dishes at the sun terrace with views of the Lienz Dolomites, while your children explore the playgrounds. Reachable via the mountain station Zetterfeld and on the Fasnachtweg, both within 30 mins. Popular for mountain bikes, toboggans, and skiers. Accommodation in rooms and camps. Children under 6 years are free of charge. Loggia transport to the hut is possible. Contact: Farm, Neumar, Tel.: +43 699 1276233, naturfreunde.neumar@tison.at

Faschingalm, 1.662 m

Indulgence and beautiful views



51 Between earth and sky is the alp Faschingalm near the hiking and ski paradise Zetterfeld, with breath-taking views towards the Lienzer Dolomites and the peak of the Schobergruppe. The new chef provides traditional and creative cuisine with local products and homemade cakes and tarts. Experience the gorgeous panorama on the sun terrace or enjoy the comfortable atmosphere in the vintage living room in cosy warmth. Info: Familie Beckes, www.faschingalm.at

Adventure Park Galitzenklamm

Water Vista Trail – Water playground – via ferrata – Climbing Park



52 With a wonderful view of the Schober mountain range and the Dolomites, the Roaner Alm mountain pasture at 1,900 m is a special destination for hikers, cyclists, snowshoe walkers, ski tourists, tobogganers and families even families with small children to gain insight into the world of gorges and thundering waterfalls. You can also take a hike along the Mediterranean near dishes, you can also take a hike along the mountain hut. Sun and panorama can be enjoyed on the terrace or at the rustic tables right at the meadow. The lounge rooms are cosy and honey and you can look hostesses and cook Lydia Pichler over the shoulder as she works. Roaner Alm can be reached by car via a toll road in the summer and on foot from Iselsberg year round. Contact: Tel.: +43 664 3936704 or +43 664 7952635

Adventurepark East Tyrol

An unforgettable experience



53 Visit the adventure park East Tyrol, directly at the cycle path Isartal. Experience pure adventure with a variety of outdoor sports accompanied by culinary indulgences. Rafting on the Isel, the last glacier river of the Alps, canyoning, biking, archery, climbing, SUP etc. promise unforgettable moments. The sun deck invites moments of peace and enjoyment. We are looking forward to your visit. Daily open from 9 a.m. to 8 p.m. Hotline: +43 664 3960450, www.ota.at

Getaway Tip Dolomitenstrasse

In the heart of the Lienz Dolomites



54 On a paved toll road you can take your own car right into the heart of the famous Lienz Dolomites. The destination is the large parking lot of the Dolomitenhütte at 1,620 metres, the starting point for beautiful pleasure climbing tours in the compact Dolomite rock and bises, such as the two hour route to the Kalkbader Hütte or a pleasant walk to the romantically situated Insten chapel. Enjoy the stunning view of the imposing cliffs of the Lazersee... arguably the most beautiful corner in the Lienz Dolomites. Info: Tel.: +43 4852 63700 or +43 676 5491248, www.dolomitenstrasse.at

Dolomitenhütte ... be amazed & enjoy

Unforgettable views in the heart of the Dolomites



55 The Dolomite lodge – harmoniously integrated into the landscape. A place as spectacular nature as the peaks and the Lienz Dolomites in the background. A cottage straight from a picture book – old traditions perfectly restored. Built from mountain wood with breath-taking terraces and comfortable parlors. Modern cuisine – traditional menu. Unforgettable views of the unique East Tyrolean mountain world. The experience in the heart of the Dolomites. 4 rooms with panoramic view and a spacious conference room are available. No closing day, closed in November. Scarlett & Jung Olesova Oles, A-9900 Amaloch, Dolomitenhütte 1, Tel.: +43 664 2253782, info@dolomitenhutte.at, www.dolomitenhutte.at

National Park Hohe Tauern

A window to nature



56 The National Park Hohe Tauern offers a series of nature trails, which convey many things worth knowing about nature and the cultural area. With interactive points, information boards and brochures, those with an interest in nature can experience the real thing. Nature trails are a window to nature, they point out things that usually remain hidden from the hasty moving eye. Some of the trails are in the valley and are an easy walk, others lead through mountain pastures up to the glaciers. With extensive mountain-wood experience, an education in natural history and great regional knowledge our ranger team offers you an interesting and varied hiking and nature adventure program. Info: www.hohe-tauern.at, www.nationalpark-osttirol.com

Hiking Bus

An easy ride to the best hikes



57 A hiking bus, starting off at the Lienz train station, facilitates the ascent of the mountains around Lienz from beginning of July to beginning of September 2018. We safely take you to the Dolomitenhütte, to Klammbrücke, to Seckerturm/Dobersattel, to the Roaner Alm and to the Hochsteinhütte. If you want to walk the Pustertaler Almweg trail, we will pick you up at the finishing point, the Predetscher Kaser in the late afternoon. Departure and return trip times and more information: Tourismusinformation Lienz, Mühlgasse 11, 9900 Lienz, Tel.: +43 50 212 212, info@osttirol.com

Roaner Alm

The mountain restaurant with a twist



58 A fascinating glimpse of the middle ages. The smell of smoke and fire, the rattling gleaming of iron and the fascinating stories from long ago will inspire you. The blacksmith's trade has had its place in history for centuries. In the original Riepler blacksmith's and nailer's workshop the sparks fly in weekly performances. At the Riepler Nagelstock you can call your own good luck charm to the door post with a wish. Your wish will become true.
You will find opening times in the brochure “Holiday Isel” for at Tourismusinformation Lienz, Mühlgasse 11, Tel.: +43 50 212 212



Experience Osttirol from 02/06 to 29/09/2018 with the OSTTIROL's Glockner-Dolomiten Card.

7 days
Adults: EUR 53,50
Children (born 2004-2012): EUR 20,50
Children (2013 or younger, or from 3 or more children, Passport or identity card required): FREE

3 days
Adults: EUR 41,00
Children (born 2004-2012): EUR 20,50
Children (2013 or younger, or from 3 or more children, Passport or identity card required): FREE

Deposit per card: EUR 5,00

| Mountain Railways | Tel. | +43 4852 63975 |
|------------------------------|------|-----------------|
| Lienzer Bergbahnen | Tel. | +43 4852 6890 |
| Hochpustertaler Bergbahnen | Tel. | +43 4875 6067 |
| Matreier Goldried Bergbahnen | Tel. | +43 4876 8233 |
| Bergbahnen St. Jakob i. Def. | Tel. | +43 4873 52740 |
| Oberflacher Bergbahnen | Tel. | +43 4847 5300 |
| Mittlaler Gletscherbahnen | Tel. | +43 4785 91100 |
| Ankogel Bergbahnen | Tel. | +43 4784 632 |
| Sextner Dolomiten AG | Tel. | +39 0474 710355 |

| Swimming Pools | Tel. | +43 4852 63601 |
|-------------------------|------|-----------------|
| Strandbad Tristachersee | Tel. | +43 4874 52117 |
| Freizeitanne Virgen | Tel. | +43 4875 6455 |
| Schwimmbad Matrei i. O. | Tel. | +43 4852 68233 |
| Schwimmbad Dölsach | Tel. | +39 0474 916200 |
| Schwimmbad Lienz | Tel. | +43 4852 63820 |

| Culture | Tel. | +43 4852 61650 |
|--|------|------------------|
| Römerstadt Aguntum | Tel. | +43 4852 6298083 |
| Schloss Bruck Lienz | Tel. | +43 4843 5481 |
| Farmhouse Wurzerhof | Tel. | +43 50 212 360 |
| Carriage and Heritage Museum Oberflach | Tel. | +43 4855 81009 |
| First Tyrolean Vitalpinum | Tel. | +43 664 73475536 |
| Traum museum Lienz | Tel. | +43 664 73475536 |

| Natur | Tel. | +43 664 4207282 |
|-------------------------------|------|------------------|
| Wildpark (deer park) Assling | Tel. | +43 4875 5161-10 |
| Nationalpark Hohe Tauern | Tel. | +43 664 1567457 |
| Adventure Park Galitzenklamm | Tel. | +43 664 1212287 |
| Summer Toboggan Run Assling | Tel. | +43 676 41560406 |
| Defregger Hell-/Thermalwasser | Tel. | +43 676 41560406 |

The deposit is refunded to you when you return your OSTTIROL's Glockner-Dolomiten Card. 26 activities are available to you once a day without additional charge. Valid for 7 / 3 days from first use. The OSTTIROL's Glockner-Dolomiten Card is available at all East Tyrolean information offices and at all East Tyrolean mountain railways. Info-Hotline +43 50 212 212

Swimming and Fun at the Tristachersee

Natural swimming lake at the foot of the Lienz Dolomites



59 The idyllically situated Tristachersee lake is East Tyrol's only natural swimming lake. A lido with a large sunbathing lawn, a beach volleyball court, 4 waterbathing piers, a 1 m and a 3 m diving platform, a small children's playground and a buffet restaurant. You can also paddle on the lake with your inflatable boat or rent a compressor is subject to charge. Water temperature up to 24°. Access is via Tristach to the Seewiese car park, where there is a large parking area which is subject to charge. The beach is open from the end of May to the beginning of September depending on the weather. From the beginning of July until the end of August, the regional bus lines 3 and 4 starting in Lienz run daily. Info: Tel.: +43 4852 63620, www.stadt-lienz.at/tristach

Dolomitenbad Lienz

Swimming with view of the Lienzer Dolomites



60 An indoor pool reopened in 2016 with a 25 m sports pool, a multi-purpose pool with a large outdoor pool with a sun terrace and a 90 m tunnel slide with light effects. A new 600 m² sauna area with saunas, a steam bath, 4 infrared saunas and a calcium pool. An outdoor swimming pool with 1,000 m² of sunbathing area, a heated swimming pool with a 50 m sports pool, a large multipurpose and non-swimmers' pool, a 4 m deep diving pool with 1 and a 3 meter diving platform, a play and water world for the little ones, 2 beach volleyball courts and a 60 m water slide. The outdoor swimming pool is open from late May to mid September. Restaurant, 250 free parking spaces, chargeable electric filling station. Info: Tel.: +43 4852 63620, www.dolomitenbad.at

Hammer and Sparks

Riepler blacksmith and nailer Lienz



61 A fascinating glimpse of the middle ages. The smell of smoke and fire, the rattling gleaming of iron and the fascinating stories from long ago will inspire you. The blacksmith's trade has had its place in history for centuries. In the original Riepler blacksmith's and nailer's workshop the sparks fly in weekly performances. At the Riepler Nagelstock you can call your own good luck charm to the door post with a wish. Your wish will become true.
You will find opening times in the brochure “Holiday Isel” for at Tourismusinformation Lienz, Mühlgasse 11, Tel.: +43 50 212 212



OSTTIROL's Glockner - Dolomiten CARD
Beis uns beginnt der Süden

Roman Town Aguntum

Archaeological park and museum in Dölsach



62 Collections in the museum AGUNTUM city, insight into life and culture of the only Roman city in Tyrol. Museum – atrium house – city gate – city wall – artisan's quarter – thermal bath. Exhibits of selected subject areas – current excavations – virtual presentations – original marble basin. NEW: FREE AUDIO GUIDE APP – available at the register. Media room with screenings – museum shop – an archaeological landscape park with vista. Opening hours: Mon.-Sat., 9.30-16.00, 10.6.-16.9.2018: daily, 9.30-16.00, 17.9.-26.10.2018: Mon.-Sat., 9.30-16.00. Info: Tel.: +43 4852 63620, www.stadt-lienz.at/tristach

Lavanter Kirchbichl

A sacred mountain in East Tyrol



63 2 km east of the Roman town of Aguntum lies the Lavanter Kirchbichl with excavations from pre-Christian times and the pilgrimage churches St. Ulrich and St. Peter and Paul. Temples have been in this place as early as in Celtic times. Separated from the valley by a gorge and two brooks, Kirchbichl has always offered a natural defence from enemies. Within a fort dating back to the 5th century an Episcopal church was built. A collection of antiquities from the excavation are on display in a museum at the foot of the Kirchbichl. The majority of the items, however, are in the archaeological museum of the Schloss Bruck in Lienz.

Frauenbach-Wasserfall

Breathtaking Viewing Platforms at Lavant



64 The Frauenbach brook at the foot of the mighty Hochsteinschardwand, the third highest rock face of the Eastern Alps, is a special kind of natural jewel. A new, easy trail ending on a spectacular viewing platform enables even families with small children to gain insight into the world of gorges and thundering waterfalls. You can also take a hiking trail that leads you alongside the stream part of the way. A forest path is also part of the route. Here you will find interesting information on the flora and fauna of the recreation area “Forest”. Admission only possible at certain times. Info: Tel.: +43 50 212 400

Schloss Bruck

Town museum of Lienz



65 The castle, which was the residence of the counts of Gorizia, was built in the 13th century. It houses a chapel with gothic frescoes as well as a museum well-known beyond the borders of East Tyrol which displays the works by ALBIN EGGER-LIENZ. Other highlights are the knight hall with its originally painted Romanic beam ceiling, where the Gothic masterpieces are presented, and the castle keep with terrific view. During summer the castle is the scene of the “culture summer at Schloss Bruck”. Every Sunday there is a program for the whole family. A long night at the castle, guidance and children workshops complete the program. Open from 18th May to 26th October 2018.

Schloss Bruck exhibitions 2017

The life and work of the great Austrian painter Albin Egger-Lienz



66 150 YEARS ALBIN EGGER-LIENZ - SIMON VON TAISTEN & SCHLOSS BRUCK. 150 years Albin Egger-Lienz: „I don't paint farmers, but shapes“ – Life and work of the Austrian expressionist are in the centre of the jubilee exhibition. The late Gothic frescoes of the chapel and the factory of the painter Simon von Taisten will be presented in this special exhibition “Master Symon, paint the sky for me”. Family- and child-programms, children's birthday party, castle-tour, guided tours, cultural presentations, cafe with sun terrace, museum shop. Open: 19th May to 29th October 2018. May/June: 10 a.m. to 5 p.m., Monday; day off: July/August; daily 10 a.m. to 6 p.m. September/October: 10 a.m. to 4 p.m., Mo; day off.

With Bow and Arrow

Archery in East Tyrol



67 Walking through East Tyrol's beautiful landscape carrying bow and arrow is a very special holiday experience. There are numerous options for archery - archery hunting course at the Iselsberg with the special offer “bow hunting” for groups of 3 or more people – “Bogensport Zentrum Lienz”, Pisters – indoor facility BOGENSPORT MOSEER in Lienz - archery range “Losaas” in Bichl near Matrei. “Prossgang” range in Matrei. Range at the sports grounds St. Veit in the Defereggental. Info from the tourism offices in each region and from Bogensport Moser in Lienz – Tel.: +43 664 1000735

Sonnenstadt Lienz – Our town is a treasure trove



68 Literature and Download Tip
Start your search. First early Christian settlements, Roman villas and baths, medieval fortresses, grand town houses, treasures of art and the impressive royal palace of the Görzer counts. This booklet will take you on an interesting cultural and historical tour through a city with a southern flair.
The brochure is available at a normal charge in the tourism office Lienz Dolomiten, Mühlgasse 11.
Free download at www.osttirol.info

A little tour of the town - Lienz in 2 hours ...

Starting point is the **1** Florianbrunnen fountain on Lienz' main square.

The **2** Lieburg with its two distinctive onion domes was built in the 17th century as a residential castle by the baron von Wolkenstein-Podenegg. Two fire and many different assignments, since its renovation in 1988 it now serves the town of Lienz as a magnificent city hall.

The **3** Antoniuskirche is situated at the east side of the main square. For a while this was the meeting place of the Greek Orthodox community in Lienz. The exterior of the chapel was renovated by the citizens of Lienz in 1976 and holds a worthy spot in the Lienz main square.

We continue our stroll in a northwesterly direction across the Kärntnerstrasse to the **4** Spitalskirche church. Built in the 13th century it was later transformed to become Lienz's most important baroque building. At present the church provides a beautiful location for various events.

Continue to the **5** Spitalbrücke bridge, which owes its name to the building on its right, a hospital. This is where, a long time ago, the old and frail residents of the town were cared for. Today it houses a secondary school.

Over the bridge and on, along the Kärntnerstrasse heading east, a little detour to the periphery of Lienz to the “Sachenhaus”. This is where people with particularly aggressive contagious diseases were once housed. In the adjoining orchard is the **6** oldest painted, “Bildstöckl” (picture of a saint) in Tyrol.

We now walk back a short distance on the Kärntnerstrasse and take a turn into the Beda-Weber-Gasse. Here, on a small square, is the **7** St.-Michaels-Kirche. (For sightseeing purposes the key can be borrowed at Beda-Weber-Gasse 9). The church dates back to the 14th century and was the burial place of the Herren von Graben, who were esteemed citizens of the town.

Continue west along the Beda-Weber-Gasse to the **8** Stadtpfarrkirche St. Andra, the oldest church in Lienz. It was built on the foundations of an early Christian social building of Romanesque style and refurbished by the Görzer family in the 15th century. The three-aisled Gothic basilica is adorned with a baroque altar. The last