



Healthy lifestyle changes that last

MOVE & RELAX AT THE SEEPARK



MOVE &
RELAX

Move & Relax

FOR A MORE ACTIVE LIFESTYLE



Move & Relax is an innovative concept that translates the latest findings from competitive sports into your everyday routine. A balanced interplay of exercise and regeneration – individual, sustainable, and suitable for any age or fitness level. Developed in cooperation with the Department of Sport Science at the University of Innsbruck.

MOVE – THE EXERCISE ELEMENT

In our Move area, and of course in the surrounding area of the Seepark Wörthersee Resort, you can discover exercise from all angles, supported by our team who will take your individual requirements and lifestyle into account.

RELAX – THE REGENERATIVE ELEMENT

To be able to perform, we need periods of regeneration. Make sure to take regular breaks during which you enjoy the sensation of doing absolutely nothing. Welcome to our spacious Relax area with saunas, infrared booths, massages, a pool, and much more!

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OPENING HOURS:

MOVE & RELAX RECEPTION:
DAILY FROM 10 AM UNTIL 8PM

FITNESS AREA: 6AM UNTIL 10PM

OUTDOOR POOL:
OPEN FROM MAY UNTIL SEPTEMBER, 6AM UNTIL 10PM
OCTOBER AND APRIL FROM 7AM UNTIL 8PM
NOVEMBER UNTIL MARCH (depending on the weather,
please ask at reception)

INDOOR POOL: 6AM – 10PM

SAUNA: 10AM – 10PM
ON HOT SUMMER DAYS: 4PM – 10PM

MASSAGES AND BEAUTY TREATMENTS:
BY APPOINTMENT ONLY

Move & Relax

AREA

We have designed a beautiful wellness world for you. Naturally stylish, never crowded, and with plenty to do. First, get your heart rate up with a strenuous workout, then bring it down during your relaxation session. What a blissful feeling: Energy flooding the cells, freeing up your mind for new ideas and thoughts. Find your very own path towards holistic well-being – in the MOVE AND RELAX AREA here at the Seepark Wörthersee Resort.

Relax AREA (underground floor)

- Indoor pool
- Finnish sauna
- Steam bath
- Tepidarium
- Infrared booth
- Quiet areas and sun terrace
- Massages
- Beauty and body treatments

Move AREA (ground floor)

- Outdoor pool – 25 m sports pool
- Large new fitness lounge – MOVE area
- Group training room
- Sun deck
- Consultation rooms

Who we are

OUR MOVE & RELAX INITIATORS

You would like to adopt a more active, mindful lifestyle, but aren't sure how to go about it? Our expert Move & Relax team will support you all the way! Based on your physical and performance data and in line with your personal goals, you will receive a customised workout plan, with exercises designed in such a way that they are easy to integrate into your daily routine once you are back home. That's what makes our Move & Relax programme so special!



PATRICK KOLLER

We live in a performance-orientated society, where the maximum amount of physical and mental energy is demanded of every individual. Both in the world of work and in the world of sports, body and mind are often pushed to the limit and beyond. Not many of us know how to handle the pressures and intensities in these two areas and to dose them in such a way that there is enough time for regeneration and for restoring our personal balance and sense of well-being.



TONI INNAUER

At the Seepark Resort, we want to determine the right balance between exercise and regeneration together with our guests, based on state-of-the-art infrastructure, an understanding approach that takes a wide range of needs and demands into account, and with the help of our expertly trained professionals.

The resort right next to the Lend lagoon near Lake Wörthersee offers a multitude of incentives for exercising and relaxing in an impressive natural setting, for enjoying new experiences and adventures, and for learning new things, on your own or in a group, that will stand you in good stead once you've gone back home.

Relax

Our **RELAX AREA** is perfect for head-to-toe relaxation. The principle behind it is simple: Slip on a bathrobe, cross the threshold to the spa area, and feel the strains and pressures of the everyday routine melt away. That's it, really – because once you've entered our wellness haven, in-depth relaxation is next on the list!



RELAX

- Facial treatments
- Beauty treatments
- Body treatments
- Massages
- Manicure

Facial treatments

FOR HIM AND HER

FACIAL TREATMENTS	LENGTH	PRICE
REVIDERM Reviderm has dedicated itself to healthy, young-looking skin ever since 1986. The best elements from innovative beauty research and medical findings are blended into ultra-effective skincare products. Skin-identical ingredients that are based on the skin's own processes and building blocks ensure outstanding tolerability and visible results. Our facial treatments rely on an intelligent, customised combination of ingredients that takes your individual skincare requirements into account.		
REVIDERM BASE Intense effectiveness and relaxation within a short period of time. <i>Cleansing, pre-peel phase, massage, moisturiser</i>	25 mins	€ 38,-
REVIDERM INTENSE REVIDERM uses innovative ingredient complexes to stimulate the skin's natural regenerative mechanisms. The skin's own collagen production is stimulated, wrinkles are corrected, and the receptiveness of the cells is increased. <i>Cleansing, pre-peel phase, massage, mask, active-ingredient concentrate, moisturiser</i> <i>Cleansing, pre-peel phase, extraction, eyebrow-shaping, active-ingredient concentrate, massage, mask, hand massage, moisturisers</i>	50 mins 80 mins	€ 69,- € 102,-
REVIDERM ANTI-AGING Targets the visible signs of aging in line with the individual requirements of your skin. The hydrolage mask helps lock the active ingredients in the deeper layers of the skin. Moisture levels are replenished, and the "restructuring bio-lifting" effect takes hold. <i>Cleansing, pre-peel phase, extraction, eyebrow-shaping, active-ingredient complex, massage, collagen sheet mask, hydrolage, hand massage, moisturiser</i>	80 mins	€ 128,-
REVIDERM REVIDERM COLLAGEN EYE TREATMENT Especially developed for the sensitive eye area that is prone to dryness and needs extra care. In combination with the collagen pads, this highly concentrated complex of active ingredients puts the sparkle back in your eyes with immediate effect. <i>Cleansing, brief eye massage, collagen eye mask, active-ingredient complex, moisturiser</i>	25 mins	€ 41,-

FACIAL TREATMENTS	LENGTH	PRICE
REVIDERM FRUIT ACID TREATMENT SOFT Cell-activating, in-depth cleansing removes dead skin cells with the help of fruit acid. The skin's regenerative processes are activated, active ingredients are absorbed more efficiently, and the skin is given a natural freshness boost. Ideal for treating lines and wrinkles, scars, excessive pigmentation and blemishes. Not available during the summer. <i>Cleansing, fruit-acid peeling, active-ingredient complex, massage, mask, moisturiser. Cleansing, fruit-acid peeling, extraction, eyebrow shaping, active-ingredient complex, massage, mask, hand massage, moisturiser</i>	50 mins 80 mins	€ 74,- € 105,-
 Nu Skin has been a leading player on the wellness market since 1984. Founded on the guiding principle „All of the good, none of the bad," Nu Skin combines science with nature. The Nu Skin scientists develop ingredients based on the highest quality standards and in line with state-of-the-art research. The result: radiant skin and reduced signs of aging.		
SPECIAL TREATMENT FOR IMPURE SKIN Targeted treatment for problem skin, whether age-related (young skin) or hormonal. The treatment uses the ageLOC Lumi Spa, which is 4 times more effective in cleansing the pores. In-depth cleansing removes impurities at the root and the mask prevents inflammations. <i>Cleansing using the ageLOC Lumi Spa, enzymatic peeling, extraction, glacier mud mask, moisturiser</i>	50 mins	€ 74,-
ANTI-AGE BOOST With the unique ageLOC booster device, the activating serum is locked into the deeper layers of the skin using variable pulse currents. A firming anti-age effect, a youthful complexion and radiant skin are the results. <i>Cleansing using ageLOC Lumi Spa, enzyme peeling, eyebrow shaping, ageLOC Boost treatment with activating serum, facial massage, mask and moisturiser</i>	50 mins	€ 89,-

MANICURE	LENGTH	PRICE
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MANICURE WITHOUT VARNISH		€ 41,-
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MANICURE WITH VARNISH		€ 49,-
Includes your varnish as a complimentary gift		
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HAIR REMOVAL		
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WAXING		from € 15,-
Hair removal using hot wax		
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SUGARING		from € 15,-
Hair removal using sugar paste		
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EYEBROW LIFT	25 mins	€ 49,-
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EYEBROW LIFT	45 mins	€ 69,-
including shaping and dyeing		
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MAY BE BOOKED IN COMBINATION WITH A FACIAL TREATMENT		
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EYEBROW SHAPING		€ 14,-
May only be booked in combination with a facial treatment		
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EYEBROW TINT		€ 14,-
May only be booked in combination with a facial treatment		
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LASH TINT		€ 14,-
May only be booked in combination with a facial treatment		
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Beauty & body treatments



BEAUTY TREATMENTS NEW	LENGTH	PRICE
DAYTIME MAKE-UP		€ 62,-
Evening make-up		€ 75,-
BRIDAL MAKE-UP 80 mins trial make-up and 50 mins make-up session on your wedding day		€ 259,-
BODY TREATMENTS		
BODY PEELING This natural, moisturising peeling gently removes dead skin cells. Cell renewal processes and the blood flow are activated, leaving your skin feeling velvety-smooth.	25 mins	€ 34,-
BODY PEELING & MOISTURE PACK The perfect combination for skin in need of extra care. This natural peeling gently removes dead skin cells and is ideal for preparing the skin for the intensive absorption of moisture pack ingredients.	50 mins	€ 67,-
BODY PEELING WITH PARTIAL-BODY MASSAGE This natural, moisturising peeling gently removes dead skin cells. The classic partial-body massage that follows provides relaxation.	50 mins	€ 69,-
BODY PEELING WITH FULL-BODY MASSAGE This natural, moisturising peeling gently removes dead skin cells. The classic full-body massage that follows provides head-to-toe relaxation.	75 mins	€ 97,-
QUANTAS LOUNGER – THE ENERGY MIRACLE The Quantas lounge is perfect for replenishing your energy levels. The combination of light, magnetism, frequencies, and deep heat provides a unique sense of relaxation on all levels..	(incl. 60 mins time for showering and getting changed)	€ 48,-
SPECIAL OFFER: 3 sessions for € 120,00		

Massages



MASSAGES

LENGTH PRICE

CLASSIC MASSAGE

A classic massage relaxes, loosens and stretches the muscular tissue. It works like passive exercise therapy and stimulates the blood flow to the tissue and the skin, which has a positive effect on your cardiovascular system and overall sense of well-being.

25 mins € 38,-
50 mins € 67,-

SPORTS MASSAGE

The muscles and the connective tissue are loosened with a slightly more intense massage technique that uses a greater amount of pressure. This stimulates the circulation and optimises muscular regeneration. We recommend this treatment for revitalisation after an exercise session to get you in shape for your next athletic challenge!

25 mins € 41,-
50 mins € 71,-

FOOT MASSAGE

The body is a sophisticated system of finely attuned elements working together. This massage sets regenerative impulses to activate the body's self-healing powers and loosen tense muscles. It also helps with headaches, digestive problems, and sleep disorders.

25 mins € 41,-

HOT STONE MASSAGE

Has a revitalising effect and restores the balance between body and mind. A combination of soothing massage techniques uses precious oils and the in-depth effect of heated massage stones. The heat of the basalt stones loosens the deeper layers of the muscles and tackles tensions and blockages.

25 mins € 43,-
75 mins € 102,-

SIGNATURE TREATMENT

This massage uses several different techniques based on your individual needs in order to achieve the best possible treatment effect.

45 mins € 69,-

MASSAGES	LENGTH	PRICE
HERBAL COMPRESS MASSAGE Linen sachets filled with herbs are moved across tense muscles in a circular, gently tapping motion. Thanks to the interplay between heat, massage techniques, and aromas, tense muscles are loosened and the metabolism is stimulated. The detoxifying components of the herbs penetrate deep into the skin, triggering off detoxification processes.	50 mins	€ 74,-
RELAXING MASSAGE OF THE FACE/HEAD Different massage techniques loosen tensions in the area of the face, head and back of the neck. You will be gliding into total relaxation in no time at all, while blockages are loosened and headaches soothed. Switch off and enjoy!	25 mins	€ 38,-
AROMA RELAX MASSAGE The Aroma Relax massage is a wellness massage designed to relax body and spirit. Wonderfully fragrant oils and gentle massage techniques have a harmonising effect and are true stress busters. The massage aims at restoring the harmony between body and spirit and replenish your energy levels.	25 mins 50 mins	€ 41,- € 71,-
FIT COMBINATION MASSAGE The perfect combination of a classic partial-body massage and a foot massage. The foot massage provides the body with regenerative impulses to stimulate its self-healing powers and to loosen tense muscles. The back massage relaxes, soothes and stretches the muscular tissue while strengthening the muscles at the same time.	50 mins	€ 71,-
HAWAIIAN LOMI LOMI NUI This body treatment originated in Hawaii and uses a holistic approach to foster the harmonious interplay of body and spirit. Typical for the Lomi Lomi massage is that therapists use not just their hands, but also their forearms. The treatment aims at restoring your inner balance.	80 mins	€ 108,-

MASSAGES	LENGTH	PRICE
LYMPHATIC DRAINAGE Lymphatic drainage stimulates the transport of lymphatic fluid in the lymphatic vessels, thereby supporting the removal of metabolic products. Gentle stroking movements on the skin also dissolve local lymphatic blockages that are often a by-product of chronic inflammations, sports injuries, or surgery.	25 mins 50 min	€ 41,- € 71,-
HONEY BACK MASSAGE This special kneading massage uses pure natural honey and stimulates the metabolism, removing toxins from the tissue and loosening the muscles. The honey has a moisturising and anti-inflammatory effect and stimulates the circulation.	25 mins	€ 43,-



Day Spa

Entry to the MOVE AND RELAX AREA is free for hotel guests. For external guests, the following prices apply:

Day guests	€ 38,00
5-hour-ticket.....	€ 31,00
3-hour-ticket.....	€ 24,00

All prices include a spa bag with a bathrobe and towels for the duration of your stay. A surcharge of EUR 10 applies if you book a treatment of +50 minutes. Upon request, we can also provide you with flip-flops for EUR 5 per person that you can take home with you.

PACKAGES

For external guests, we have a range of package deals with culinary highlights on offer.

Move, Relax & Enjoy

Breakfast buffet
Entry to the 1,600 m² Day Spa
3-course Move & Relax dinner
for Euro 90.00 per person
Reservation required

Move, Relax & Breakfast

Breakfast buffet
Entry to the 1,600 m² Day Spa
for Euro 55.00 per person
Reservation required

Move, Relax & Dinner

Entry to the 1,600 m² Day Spa
3-course Move & Relax dinner
for Euro 70.00 per person
Reservation required

Move & Relax

ETIQUETTE

Please book your stay in our MOVE AND RELAX area in advance. To make a reservation, please contact the RELAX reception or let us know when you are booking your room. We kindly ask guests to arrive at the RELAX 10 minutes before their scheduled appointment.

Appointments may be cancelled free of charge up to 24 hours before your scheduled treatment. Please note that you will be charged 100% of the treatment price for cancellations made at a later point.

Seepark Relax vouchers

A treat for family and friends! Our range of vouchers is available in the resort and online.



Our Move programme

TO KEEP YOUR BALANCE, YOU HAVE TO KEEP MOVING.

Active holidays on the shores of Lake Wörthersee – with our Move programme.

Spring or autumn, early in the morning or late at night, on rainy days or when the sun is out in full splendour – there is always a way to exercise. Our fitness lounge awaits for indoor exercise, and our resort is surrounded by countless opportunities for getting active in the great outdoors.

We offer a colourful mix of training units at different times of year.

Tip: Check the elevator for the latest version of our training programme!



MOVE DIAGNOSTICS	LENGTH	PRICE
SPIROERGOMETRY ON THE EXERCISE BIKE (incl. consultation) Spiroergometry refers to an ergometric stress test that is conducted on a bicycle ergometer. Your breathing is measured while you are exercising and your heart frequency is recorded to determine your overall performance. Spiroergometry is considered a useful health check and provides all sorts of valuable information on your individual fitness. This diagnostic tool is suitable for all fitness levels and our resident sports scientists will analyse your results. Use the opportunity to discuss your data with your trainer afterwards and to jointly come up with a training recommendation.	90 mins	€ 159,-
BIOELECTRICAL IMPEDANCE ANALYSIS (incl. consultation) BIOELECTRICAL IMPEDANCE ANALYSIS (incl. consultation) This analysis provides a detailed overview of your current physical state. Our Sports science assessment will then advise you on how to optimise your metabolism. Your body's water, muscle, and fat content will be the basis of an individual nutrition and training recommendation drawn up by our sports scientists. Exercise, regeneration, and nutrition are the three main pillars of a health-promoting lifestyle.	50 mins	€ 59,-
PERSONAL TRAINING Our Sports science assessment will determine your current fitness levels and then draw up a customised workout plan based on the results. Individual exercises that you can also do at home are drawn up jointly, with a focus on healthy joints, a stable, strong torso, a flexible spine and strong legs and arms. Your personal goals will also be taken into account. Look forward to learning new motion sequences in our state-of-the-art Move Room and to integrate them into your daily routine back home!	50 mins 90 mins	€ 79,- € 99,-
COMBINATION TREATMENT: SPIROERGOMETRY AND BIOELECTRIC IMPEDANCE ANALYSIS	140 mins	€ 199,-
COMBINATION BOOKING: BIOELECTRIC IMPEDANCE ANALYSIS AND PERSONAL TRAINING	100 mins	€ 119,-

WE ACCEPT THE
 “GESUNDHEITSHUNDERTER”
 ISSUED BY THE SVS PUBLIC HEALTH
 INSURANCE. SEE OUR WEBSITE
 FOR MORE INFORMATION.

MOVE GRUPPENTRAININGS	PLACE	LENGTH
We offer a range of courses and group instruction all year round. All of them (except for swimming) are free of charge for our hotel guests. Please register at the MOVE reception for the training of your choice. The weekly training plan is displayed at reception and in the elevator. Please note that the courses are subject to seasonal changes. See below for an overview of our programme:		
BALANCE PAD TRAINING Targeted balance and strength exercises to do at home with the Balance Pad.	Room Carinthia	approx. 50 mins
RUNNING Explore the running trails in the beautiful natural setting of Lake Wörthersee together with our coaches!	Outdoor	approx. 50 mins
MOBILITY & FLEXIBILITY We set great store by healthy joints, a flexible spine, and exercises that increase mobility and are easy to integrate into your daily routine.	Room Carinthia	approx. 50 mins
YOGA Learn the basics or consolidate your skills! Restore the balance between body and mind and get more energy for your everyday routine. When the weather is good, lessons take place in the park.	Room Carinthia	approx. 60-75 mins
TRX TRAINING Versatile, intense training for the whole body. Sling training is among the most straightforward and efficient workouts out there.	Room Carinthia	approx. 50 mins
12 TIROLER Varied training that fosters mobility and flexibility.	Room Carinthia	approx. 50 mins
FUNCTIONAL TRAINING Functional training comprises strength and endurance training, with exercises that are relevant to everyday life.	Room Carinthia	approx. 50 mins
FITNESS FOR YOUR BACK This training focuses on strengthening the stomach and back muscles, with the goal of keeping the spine healthy, stable and protected.	Room Carinthia	approx. 50 mins

Tennis

The **tennis court run by the Sportunion** is just a three-minute walk from the Seepark Wörthersee Resort. If you are looking for the perfect setting for a tennis holiday in Austria, look no further! Immaculately groomed courts and a complex to please even the most demanding players. Book your court of choice at a rate of Euro 10 per hour. Choose between **11 sand courts**. If you didn't bring a racquet or balls, you may rent them for a fee of EUR 8 per racquet.





Making waves

BOOTE, SUPS & MEHR

What's an even better place to spend the summer than on the shores of Lake Wörthersee? The answer is simple: On the lake itself! Discover the most beautiful corners of the eastern bay of Klagenfurt by boat, stand-up paddle (SUP) or canoe. The crystal-clear lake and its natural setting are predestined for a tour. The rental station in the hotel is open daily during July and August. During the other months, rentals may be arranged any time (subject to prior notification).

What to expect at the rental station in the resort:

- Premium Fanatic SUP boards & paddle
- Tandem SUP board (with two paddles)
- XL board (for 6)
- Guided SUP tours
- Waterbikes
- Motorboat Deluxe
- Motorboat (500 W)
- Pedal boat
- Canoe (for 2)

Discover the lake outside the summer months

Explore the tranquil waters, bask in the beautiful scenery. Mild autumn days, frosty winter mornings, or during the first tentative days of spring – SUP tours on Lake Wörthersee are possible all year round and start right at the resort.

- Canoe per hour, including life jackets
- 1.5h SUP incl. drysuit, neoprene shoes, life jacket (only for experienced stand-up paddlers)
- 1.5h SUP with instructor, incl. drysuit, neoprene shoes and life jacket

Cycling at the lake

FOR LEISURE CYCLISTS AND PROS

From difficult routes with altitude differences and climbs to flat routes along the lakeshore – when it comes to cycling, Lake Wörthersee has something for everyone. Picturesque valleys, meadows and fields are just waiting to be discovered. Tours for proper cycling pros and routes for leisure cyclists are suitable for family adventures and for athletic feats. And the view of the sparkling waters of the lake promises the perfect cool-down after your day in the saddle! You may also rent different bicycles and e-bikes at the hotel for a fee. See here for the current selection:



Rental bikes are available from April until late October. You are also welcome to bring your own bike. There are plenty of bike stands available outside the hotel and in the underground car park. If you have a particularly exclusive bike, you may store it in your room, provided that you use an appropriate cover to ensure that the carpet doesn't get dirty. See below for an overview of the best tours: For further tips and recommendations, please contact reception.

The Wörthersee round tour ("Rundradweg")

- 39 km round trail
- Length: approx. 2.5-3 h
- Level of difficulty: intermediate, no steep sections, tarmac throughout



Ironman racing bike course

- 87.7 km round trail
- Length: approx. 3h
- Level of difficulty: difficult, tarmac throughout



Wörthersee round tour via the Keutschacher Seental

- 49 km round trail
- Length: approx. 3-3.5h
- Level of difficulty: intermediate, slight incline, mostly tarmac, gravel and field paths in some sections



Virunum E-mountain bike tour to Magdalensberg

- 61 km round trail
- Duration: approx. 4 h; 1000 vertical metres
- Level of difficulty: intermediate





Calling all runners

OUR RUNNING TIPS FOR YOU

From a short run in the morning to a demanding training session – there are lots of running routes of all levels of difficulty around the hotel.



From Lake Wörthersee to the Old Town

- 4.6 km each way
- Duration (strolling speed): 1:15 h
- Level of difficulty: easy
- Along the Lend canal



Half-marathon route

- 21.4 km
- Description: route leads along water and through green countryside almost all the way
- Level of difficulty: hard

Europapark circular route

Ideal for your morning run
22 hectares of parkland
with lots of running trails
Varying lengths

Sattnitz trail

Length and duration are up to you
Runs along a brook

Zillhöhe via Weingarten

Circular route with uphill section
of approx. 4 km
Beautiful view over Klagenfurt





Hiking as a way of life

EXPLORE THE REGION ON FOOT

The natural setting of Carinthia was made for unwinding. Here, in Austria's sunny south, is the perfect place for enjoying nature with all the senses.

See below for an overview of the best hiking trails:

Wörthersee round tour - stage from Klagenfurt to Pörschach

- 18.8 km each way
- Duration (strolling speed): 6:22 h
- Level of difficulty: intermediate
- Tip: The tour takes you past the Klagenfurt vineyard ("Weingarten") and past the Zillhöhe vantage point, from where you can enjoy a magnificent view across Lake Wörthersee.



Wörthersee round tour - stage from Reifnitz to Klagenfurt

- 11 km each way
- Duration (strolling speed): 3:30 h
- Level of difficulty: intermediate
- Tip: Start right at the hotel and take the boat back!



From Lake Wörthersee to the Old Town

- 4.6 km each way
- Duration (strolling speed): 1:15 h
- Level of difficulty: easy
- Along the Lend canal



Kreuzbergl hiking tour - from the city to the lake

- 9.2 km each way
- Duration (strolling speed): 2:30 h
- Level of difficulty: intermediate
- Beautiful forest paths with vantage points across Klagenfurt



We have detailed hiking maps for you at reception. Didn't bring all the necessary equipment? Backpacks and drinking bottles are for sale at reception.

Tip: Book our hiking package!

Move & Relax

QUESTIONS AND ANSWERS

What is Move & Relax?

Move & Relax is a 3-pillar concept for a better, healthier, and longer life.

What are we trying to achieve with Move & Relax?

We want our guests to have a positive experience during their stay and to seize the opportunity of bringing about lasting improvements to their health and lifestyle.

What are the 3 Move & Relax pillars?

Exercise, regeneration, and nutrition.

What makes the Move & Relax area different from other fitness and wellness centres?

In the Move & Relax area, guests have the opportunity of influencing their lifestyle in a positive way. Our main emphasis lies on taking care of our guests, with the help of the Move & Relax staff.

How do you change your lifestyle?

Learn new, simple techniques regarding body awareness and new forms of exercise, break old habits and find the courage to make a change.

What is regeneration and why is it so important?

Active exercise, therapeutic, soothing treatments, fresh air, nature, healthy food, sufficient rest periods and a good night's sleep are the building blocks of regeneration. Without sufficient regeneration, we can't perform - neither at work nor when it comes to exercise.

What value does nutrition have in the Move & Relax concept?

The third pillar of the Move & Relax concept is nutrition. Specially compiled Move & Relax dishes support body and soul, help us stay productive throughout the day and also show that a good diet doesn't need to compromise on flavour.

What's the purpose of the Balance Pads in the rooms?

The Balance Pads are intended to remind our guests every day to engage with the concept of exercise. The simple exercises displayed on the mirror help guests to be aware of their body. In the group training sessions, guests will learn additional exercises to do at home, using their pad.

Your holiday adventures

Open your personal Seepark adventure guide using the link and book massages, group training and much more online!

giggle.tips/das-seepark

or

use QR code:

1. Open the camera or the QR code scanner on your smartphone.
2. Hold the camera over the QR code.
3. Click on the link shown.





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