



Healthy lifestyle
changes that last

MOVE & RELAX AT THE SEEPARK



MOVE &
RELAX



DAS
SEEPARK
WÖRTERSEE RESORT

Move & Relax

FOR A MORE ACTIVE LIFESTYLE

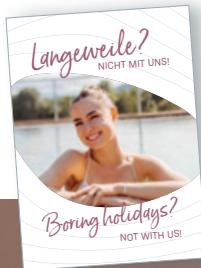
Move & Relax is an innovative concept that translates the latest findings from competitive sports into your everyday routine. A balanced interplay of exercise and regeneration – individual, sustainable, and suitable for any age or fitness level. Developed in cooperation with the Department of Sport Science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

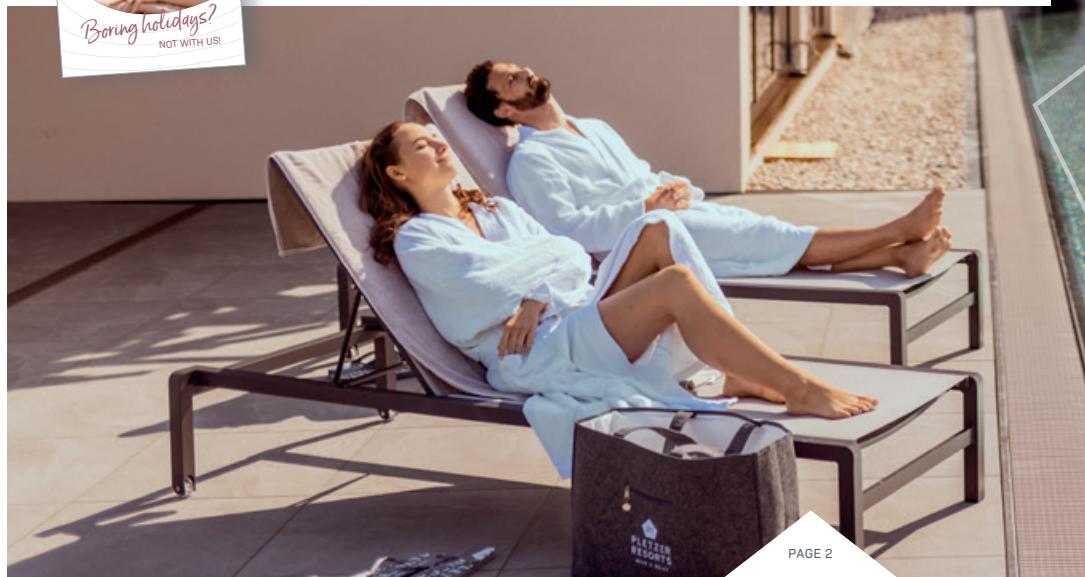
RELAX – THE REGENERATIVE ELEMENT

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!



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





MOVE &
RELAX

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OPENING HOURS:

MOVE & RELAX RECEPTION:

DAILY FROM 10 AM UNTIL 8PM

FITNESS AREA: 6AM UNTIL 10PM

INDOOR POOL: 6AM UNTIL 9PM

OUTDOOR POOL:

OPEN FROM JUNE UNTIL SEPTEMBER, 6AM UNTIL 10PM

FROM OCTOBER UNTIL APRIL:

depending on the weather, please ask at reception

SAUNA:

OPEN FROM SEPTEMBER UNTIL MAY: 10AM UNTIL 9PM

FROM JUNE UNTIL AUGUST: 4PM UNTIL 9PM

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
- sun terrace
- Massages
- Body treatments

Move AREA (ground floor)

- Outdoor pool – 25 m sports pool
- Large new fitness lounge – MOVE area
- Group trainings
- Sun terrace
- Diagnostic rooms

Day Spa

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

Day guests	€ 45,-
5-hour-ticket.....	€ 38,-
3-hour-ticket.....	€ 31,-

For a fee of EUR 10,- per person, guests may borrow a pool bag with a bathrobe and bath towels for the duration of their stay. In addition, we sell pool slippers for EUR 3.50 per person. When you book a treatment with a minimum length of 50 minutes, you may upgrade to a day ticket for a surcharge of EUR 20,- per person.

PACKAGES (Packages and offers may not be combined.)

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

MOVE, RELAX & BREAKFAST

Breakfast buffet
Entry to the 1,600 m² Day Spa
for Euro 65,- per person
Reservation required

MOVE, RELAX, MASSAGE

Breakfast buffet
Entry to the 1,600 m² Day Spa
Classic partial-body massage (25 minutes)
EUR 105,- per person

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.



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!

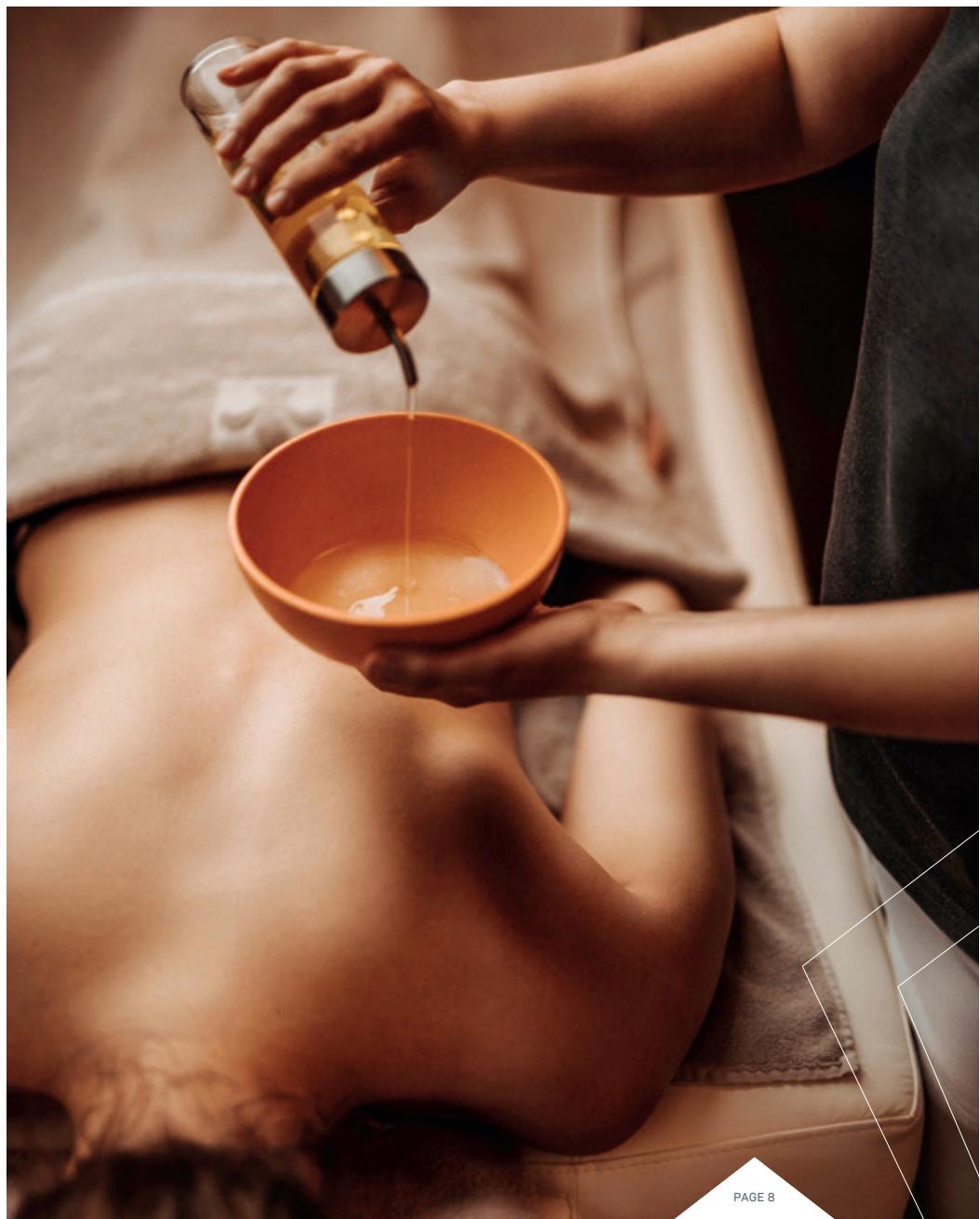




RELAX

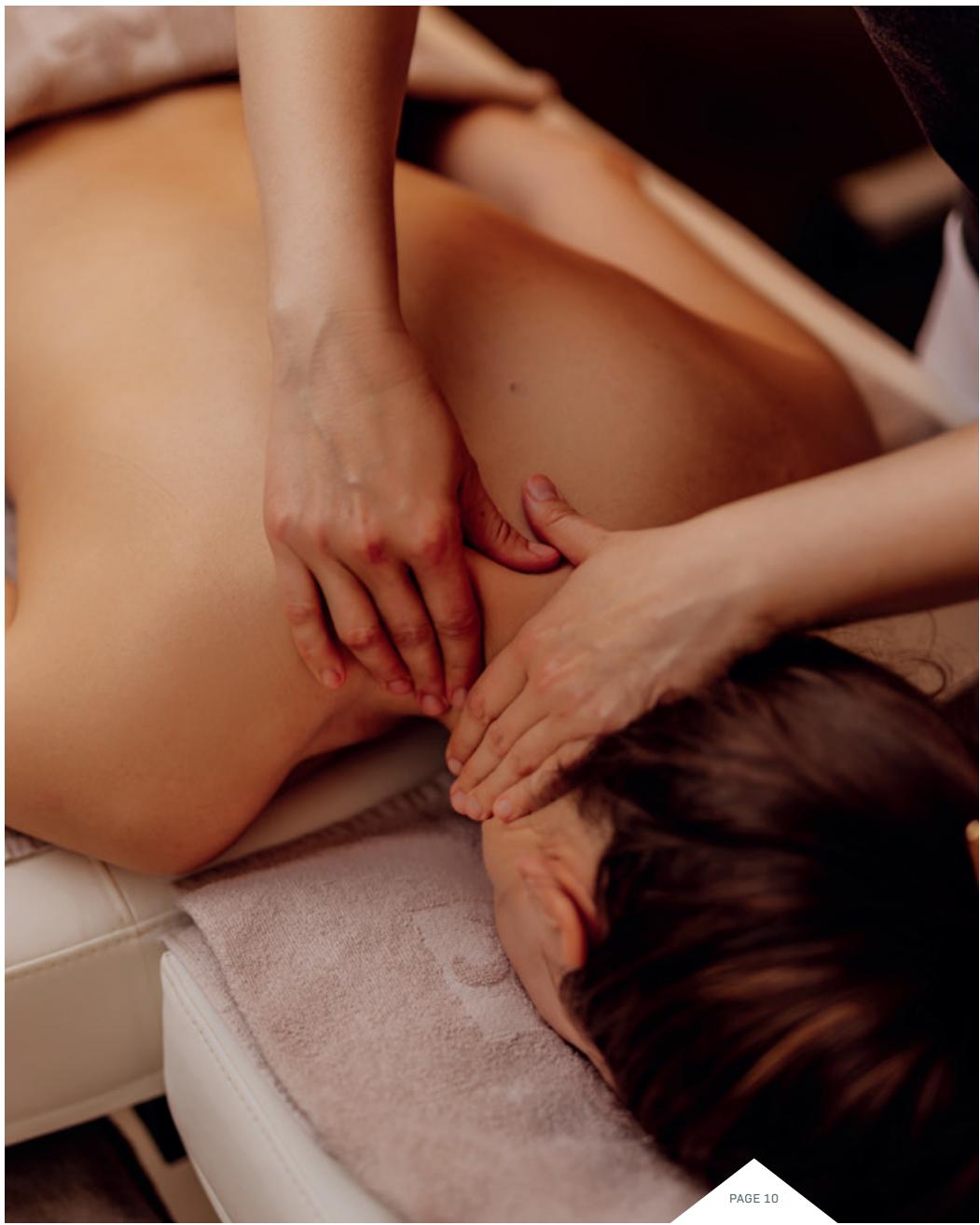
- **Body treatments**
- **Massages**

Body treatments



BODY TREATMENTS	LENGTH	PRICE
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	€ 37,-
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	€ 71,-
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	€ 77,-
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	€ 107,-
QUANTAS LOUNGER – THE ENERGY MIRACLE The Quantas lounger 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. The net treatment time in the Quantas is 35 minutes.	(incl. time for showering and getting changed)	60 mins € 35,-
SPECIAL OFFER: 3 sessions for € 90,-		

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 50 mins 75 mins	€ 45,- € 77,- € 113,-
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 50 mins	€ 47,- € 79,-
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	€ 45,-
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 75 mins	€ 51,- € 119,-
SIGNATURE TREATMENT This massage uses several different techniques based on your individual needs in order to achieve the best possible treatment effect.	50 mins	€ 85,-

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	€ 87,-
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	€ 45,-
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	€ 47,- € 79,-
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	€ 79,-
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	€ 129,-

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 mins	€ 47,- € 79,-
HONEY BACK MASSAGE	25 mins	€ 47,-
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.		



Our Move programme

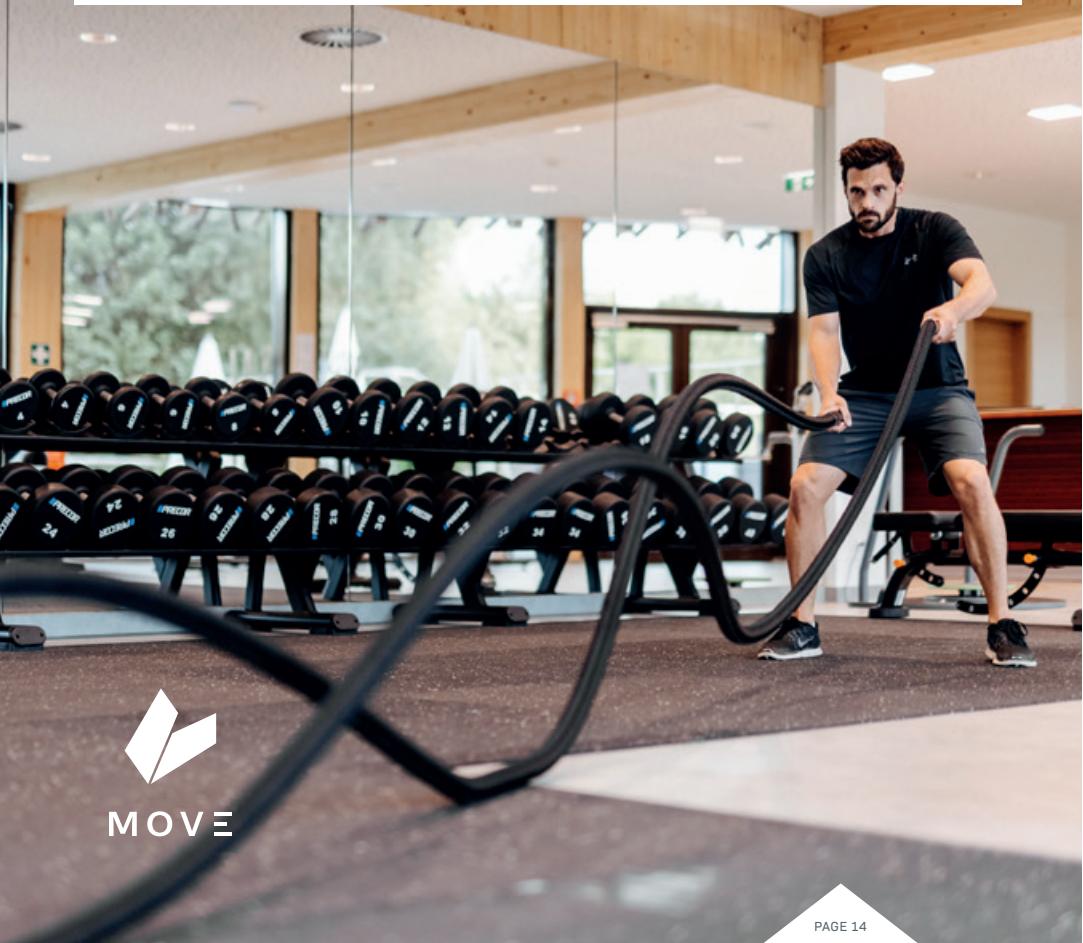
TO KEEP YOUR BALANCE, YOU HAVE TO KEEP MOVING.

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!

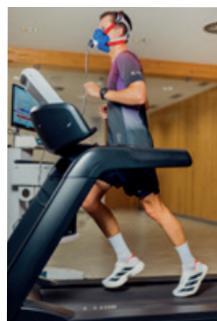


MOVE DIAGNOSTICS

LENGTH PRICE

SPIROERGOMETRY ON A BICYCLE ERGOMETER OR TREADMILL

90 mins € 169,-



(including consultation) Spiroergometry is a scientifically based exercise test performed on a bicycle ergometer or treadmill. It examines your breathing, heart rate and energy metabolism – in other words, how your body uses carbohydrates and fats during exercise. In addition, ventilatory thresholds can be determined, which form the basis for your individual training zones. This gives you a precise assessment of your endurance performance and fitness level. The diagnostics are suitable for all performance levels – from beginners to ambitious athletes. In the subsequent consultation, you will discuss the results with our

sports scientists and receive personalised training recommendations tailored to your goals and exercise profile.

COMBINED BOOKING: RUNNING & CYCLING SPIROERGOMETRY

180 mins € 299,-

It is not recommended to perform both tests on the same day.

BIOELECTRICAL IMPEDANCE ANALYSIS (including consultation)

50 mins € 69,-



This analysis provides you with detailed information about your current body composition. Our sports scientists will then advise you on how to optimise your metabolism. Your body water, muscle and body fat percentages will be discussed with our sports scientists, who will provide you with personalised

nutrition and training recommendations. Exercise, relaxation and nutrition are the three most important pillars of a healthy lifestyle.

PERSONAL TRAINING

60 mins € 89,-

Our sports scientists will assess your current physical condition and use this information to develop a personalised exercise plan. Together, we will put together individual exercises that you can do at home. The focus is on healthy joints, a stable and strong core, a flexible spine and strong legs and arms. Your personal goals will also be taken into account. Look forward to learning new exercises in our modern 'Move Room' and incorporating them into your everyday life.

COMBINED BOOKING FOR SPIROERGOMETRY AND BIOELECTRICAL IMPEDANCE ANALYSIS

120 mins € 219,-

MOVE DIAGNOSTICS

LENGTH PRICE

BASAL METABOLIC RATE MEASUREMENT USING SPIROMETRY

70 mins € 119,-



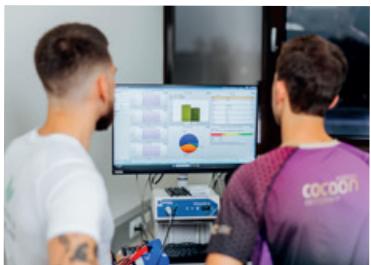
Basal metabolic rate measurement determines how much energy your body consumes at rest. Spirometry is used to measure oxygen uptake and carbon dioxide output in order to accurately determine your individual calorie requirements. It also analyses whether your body tends to use fats or carbohydrates as an energy source when at rest. This measurement is useful for anyone who wants to better

understand their energy consumption – whether for optimising their diet, weight control or general health care.

You will then receive a detailed evaluation and recommendations on how to tailor your diet and exercise to your personal goals.

BASAL METABOLIC RATE MEASUREMENT AT REST AND ON A BICYCLE ERGOMETER

160 mins € 259,-



In combination with spiroergometry on a bicycle or treadmill, resting metabolic rate analysis can be used specifically for fat metabolism training – the perfect combination for anyone who wants to increase their energy efficiency during training.

BASAL METABOLIC RATE MEASUREMENT AT REST IN COMBINATION WITH BIOELECTRICAL IMPEDANCE ANALYSIS

120 mins € 179,-



MOVE

MOVE DIAGNOSTICS

LENGTH

PRICE

RACE PACE TEST ON A BICYCLE ERGOMETER OR TREADMILL

90 mins

€ 149,-

Race pace analysis is a sport-specific performance diagnostic that determines your optimal competition speed or workload. Heart rate, respiration and, if requested, lactate levels are measured during a stress test.

120 mins

€ 188,-

At longer exertion levels, fat and carbohydrate metabolism are also analysed so that you can estimate how long a planned exertion is energetically possible. This allows you to determine your optimal pace in order to avoid performance drops during competition. This test is particularly suitable for ambitious runners, triathletes or cyclists who want to improve their performance in a targeted manner and plan their competition strategy on a scientific basis. Afterwards, you will discuss your results with our sports scientists and receive a tailor-made training recommendation.



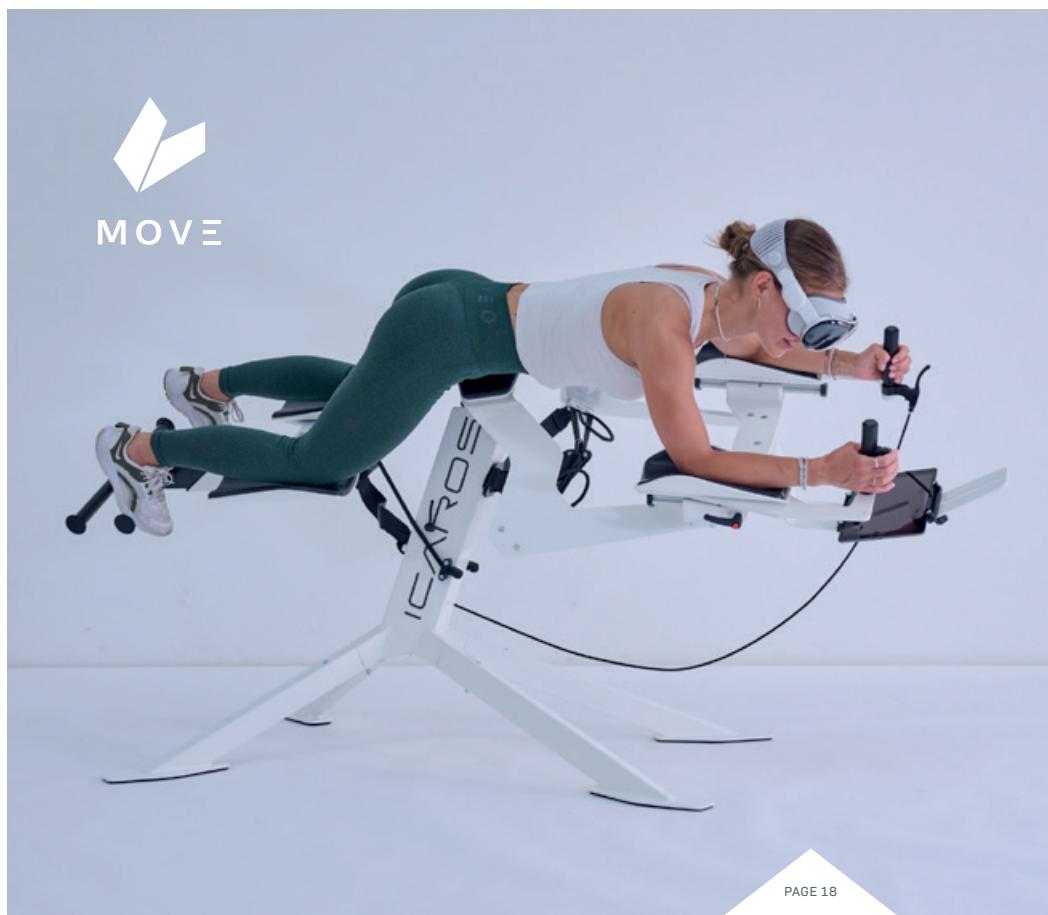
MOVE ICAROS**LENGTH****PRICE****ICAROS LIGHTNING - THE TRAINING SYSTEM OF THE 21ST CENTURY.****20 mins****€ 29,-**

With the ICAROS Lightning, you can explore virtual worlds and improve your fitness at the same time. Strengthen your core muscles and shoulders and train your co-ordination skills and sense of balance at the same time.

An unforgettable playful experience, accompanied by our coaches.

SPECIAL OFFER: 3 sessions for **€ 79,-**

SPECIAL OFFER: 6 sessions for **€ 149,-**



MOVE GROUP TRAINING SESSIONS

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.	Park area	approx. 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

External guests may book our courses at a rate of EUR 13 per unit (with the exception of Yoga).

Tennis

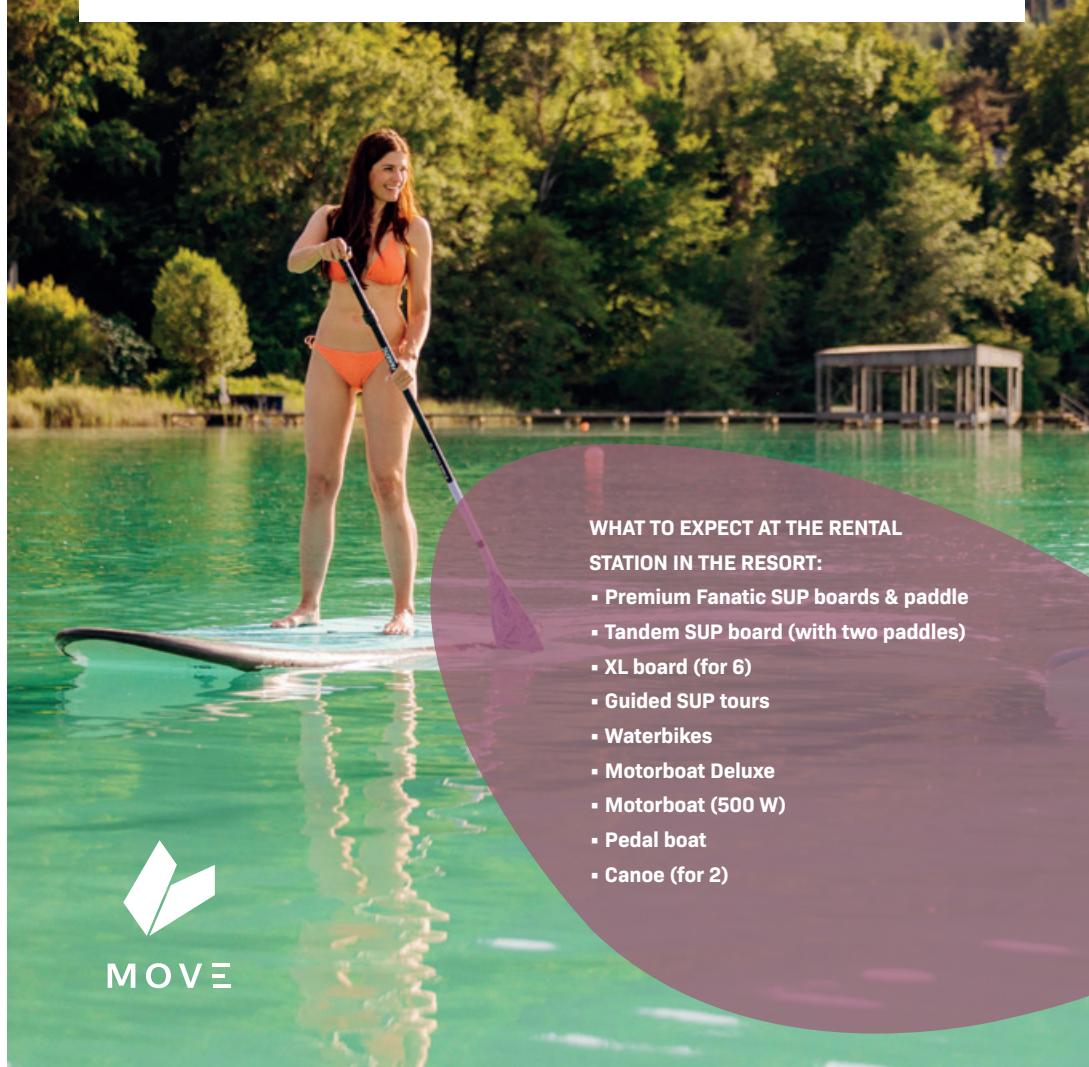
The **tennis court run by the Sportunion** is just a three-minute walk from the Seepark Wörthersee Resort. If you are looking for the perfect setting for a tennis holiday in Austria, look no further! Immaculately groomed courts and a complex to please even the most demanding players. Book your court 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

BOATS, SUPS & MORE

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)



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





MOVE



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 Pörtschach

- 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.



SEEPARK WÖRTHERSEE RESORT

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