**Cross-Country Information**

**Cross-Country schools**
- High Trail Schirndling – Kaerntn.
- High Trail Schöngebuden – Kärnten.
- High Trail Schöngeboden – Kärnten.
- High Trail Preber – Kärnten.

**Cross-Country ski trails**
- Cross-Country ski trails Nordic-walking & Winter-hiking paths
- High Trails (snow guarantee)
- High Trail Schirndling – Kaerntn.
- High Trail Schöngeboden – Kärnten.
- High Trail Preber – Kärnten.
- High Trail Schöngebuden – Kärnten.
- High Trail Schöngeboden – Kärnten.
- High Trail Preber – Kärnten.

**Rules for use of the cross-country ski trails**
- Trails are not inspected at the end of the day.
- Trails are not inspected at the end of the day.
- Trails are not inspected at the end of the day.
- Trails are not inspected at the end of the day.
- Trails are not inspected at the end of the day.

**Description**
- Undulating terrain at the foot of the ambulations. Suitable for all ages!
- Along the banks of the Hundsfield Trail.
- Easy, intermediate, challenging
- Difficulties:
- Length:
- Elevation:

**Access Points**
- Begöriach (district)
- Schladminger Tauern (mountains)
- • Skiers involved in accidents must present some form of official I.D.!
- • In the event of an accident, other skiers are obliged to stop and help!
- • Speed – especially when skiing downhill – should be appropriate to your ability, the direction must be adhered to.
- • Each double track constitutes a single trail unit. Keep to the right (even if several skiers are skiing side by side).

**Refreshment Opportunities**
- At the ski center, Twengerhof (hotel), Landhotel Postgut (hotel)
- In the market in the center of Mariapfarr
- • In the event of an accident, other skiers are obliged to stop and help!
- • Speed – especially when skiing downhill – should be appropriate to your ability, the direction must be adhered to.
- • Each double track constitutes a single trail unit. Keep to the right (even if several skiers are skiing side by side).

**Description**
- Easy
- Difficulties:
- Length:
- Elevation:

**Access Points**
- The missing numbers in the cross-country skiing, Nordic-walking & Winter-hiking trails and Toboggan runs are in winter 2020/21 not available or in operation.