

GUIDED HIKE TO THE LAGHI DI LAMAR (TN) WITH JOSEF

The destination of this hike are two fabulously beautiful mountain lakes with turquoise-blue water, located to the north-west of Trento and beneath the rock faces of the Paganella. Starting from the village of Monte Terlago, we hike northwards on varied forest paths with views of the Adige Valley without any major differences in altitude. A climb of around 30 minutes makes us sweat a little before we reach the first Lamar lake again in shady beech forest. We enjoy lunch from our rucksack on the shores of the lake and then walk along the second lake, Lago Santo, back to the starting point.

- START** Friday 03rd may 9.00 am return at 5.00pm
- WALKING TIME** 4 hours
- METRES IN ALTITUDE** 450 m ascent and descent
- ROUTE** approx. 10 km
- REQUIREMENTS** Easy hike, some fitness and surefootedness required
- EQUIPMENT** Good footwear, clothing suitable for the weather, headgear, provisions, filled water bottle, sun protection, possibly hiking poles
- REFRESHMENT STOP** Bar at Lago di Lamar, self-service
- EXTRA** Order a lunchpaket at reception the evening before! (12€)

OUR TIP

Take a spin on the stand-up paddle early in the morning and enjoy the idyllic tranquillity of the lake. Stand-up paddles free of charge until 11.00 a.m.



DEAR GUESTS, WE KINDLY ASK YOU TO WEAR
APPROPRIATE CLOTHING.

Post your best SEELEITEN holiday picture on
FACEBOOK or **INSTAGRAM**
and tag us.
#seeleiten @hotelseeleiten

The most beautiful picture will be awarded with a voucher for 2 nights in a junior suite with pampering board in the low season at the end of the year.



TREATMENT OF THE WEEK

ECOPASSION DEEP OPENER

A new, healthy body sensation thanks to specific massage techniques and physiotherapeutic methods. A powerful hemp seed oil with CBD and plant extracts reactivates muscle regeneration and provides energy.

50 min | 98 €

PRODUCT OF THE WEEK

CBD POMMADE - SPORT HOT

A medicinal product with hemp oil and CBD. Suitable for warming up muscles, relieving muscle tension and feelings of fatigue after physical activity.



45 €

OUR SPA NINFEA IS DAILY OPEN FROM 8.00AM - 7.00PM

The SPA team is happy to take care of your individual needs. Sara, Stefanie, Katharina, Stephanie & Giuseppe

WEEKLY PROGRAM

MONDAY, 29th april

KITCHEN PRESENTATION We meet at 10.45 am at the reception. Chef Eddi will give you a glimpse behind the scenes and reveal one or two insider tips.

Registration at the reception

WINE DEGUSTATION At 4.30 pm Mr. Moser invites you in the in-house stone cellar where you can taste some of the best wines of South Tyrol and you will hear a lot of things to know about the wine. (In german)

Registration at the reception



Wine tasting is not for you? In the meantime, let yourself be pampered in our Spa Ninfea with a **relaxing facial treatment** (e.g. cosmetics with stem cells).

TUESDAY, 30th april

BIKE TOUR (MEDIUM) 10.00 am- 02.00 pm with Helmuth to Ora-Egna-Magré and back

Registration at the reception



Today we recommend a **Ecopassion Deep Opener** massage to loosen up the muscles and so there is nothing to stop you from enjoying the South Tyrolean specialties in the evening.

SOUTH TYROLEAN EVENING From 7.00 pm our kitchen team will spoil you with South Tyrolean specialties.

WEDNESDAY, 01st may



Open and purify the respiratory tract with a massage using various herbs and thus strengthen your immune system. **I Breathe.**

HIKING TO MONTIGGL: We meet at 11.00 am at the reception. Together with guide Franz we hike through the spring valley to Montiggl. Return around 03.00 pm. Total walking time there and back: approx. 3 hours. Difficulty: easy/medium. (Snack included)

Registration at the reception! min. 6 persons

THURSDAY, 02nd may



Enjoy a pleasant treatment today with wraps on the legs. **Light Legs.**

BIKE TOUR (MEDIUM/DIFFICULT)

10.00 am- 02.00 pm with Helmuth to Ora-Montagna-San Lugano and back

Registration at the reception

WINERY AND BREWERY VISIT WITH TASTING At 4.15 pm at the Moser Winery. We will give you an exclusive presentation of our winery and brewery. After this informative tour, you will taste the wines and beers while we answer your questions. Afterwards, you will have the opportunity to discover local specialties in the farm shop.

- Start at 4.15 pm at the reception
- Max. 22 persons (adults only)

Registration at the reception

BELLA ITALIA EVENING From 7.00 pm our kitchen team will spoil you with Italian specialties.

MUSICAL EVENING with live music by POWER JOE.

FRIDAY, 03rd may

GUIDED HIKE

to the **laghi di lamar (TN)** with Josef

- Start at 9.00 am - return ca. 5.00 pm
- Mind. 3 max. 8
- order your lunchpaket the day before at the reception
- Mor Infos on the back side

Registration at the reception



Do something good for yourself and your feet. After a morning hike, enjoy a **foot stimulating massage.**

BARBECUE From 12.00 with grilled chicken

DESSERT BUFFET From 8.30 pm our house pastry chef will spoil you with a delicious dessert buffet.

SATURDAY, 04th may

KNEIPP THERAPY in the forest of Castelvecchio con Giuseppe. Start 10.30 am. Return at 12.00 pm.

Registration at the reception until friday 8.00 pm max. 8 min. 3

SWEET DELICACIES from 3.00 pm - 4.30 pm from our house patissiere Florian at the showkitchen.



Arrived or still enjoying the last days? Experience our 80 min **Lomi Lomi Ninfea** massage.

SUNDAY, 05th may

WELCOMING APERITIF: From 6.30 pm to 8.00 pm we invite you to an aperitif at the bar.

Afterwards, enjoy a culinary journey of taste of a special kind.

MUSICAL EVENING with live music by MICHAEL ASTER.



Are you complaining of pain and would like to be treated? Giuseppe and his **Tailored for your senses massage** are the right place for you.

FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

MONDAY, 29th april

- 8.15am - 9.00am** Water gym
- 10.00am - 10.45am** Cardiotraining
- 11.00pm - 11.45pm** Strongness with small dumbbells
- 4.00pm +**
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

TUESDAY, 30th april

- 7.45am - 9.00am** Yoga at the lake
At 7.45 you will go to the LAKE HOUSE. There you start the day with yoga master Manuela with lots of positive energy and strength.
Meeting point at 7.45am at the reception
Registration until monday 03.00pm.
- 10.00am - 2.00pm** Bike tour (easy)
Meeting point at 2 p.m. in the bicycle garage. Together with Helmuth we pedal to Ora-Egna-Magré and back (HELMET COMPULSORY- rental at the reception, e-bike for a fee, reservation and **registration at the reception**
- 5.00pm + 5.45pm** Back fit
- 4.00pm +**
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

WEDNESDAY, 01st may

- 8.15am- 9.00am** Water gym
- 10.00am - 10.45am** Fitness consultation
- 11.00am - 11.45am** Workout with Smovey
- 4.00 pm** Sauna infusion in the steam bath with srub
- 5.00 pm+ 6.00 pm** Sauna infusion in the Spa Sensea

MEETING POINT IS ALWAYS IN THE GYM RECREA (UNLESS OTHERWISE STATED) & DURING WATER GYMNASTICS IN THE INDOOR POOL

THURSDAY, 02nd may

- 8.15am - 9.00am** Water gym
- 10.00am - 2.00pm** Bike tour (medium/difficult)
Meeting point at 10 a.m. in the bicycle garage. Together with Helmuth we pedal to Ora-Montagna-San Lugano and back (HELMET COMPULSORY- rental at the reception, e-bike for a fee, reservation and **registration at the reception**
- 5.00pm - 5.45pm** Bums-tums-legs
- 4.00pm +**
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

FRIDAY, 03rd may

- 8.15am - 9.00am** Water gym
- 11.00am - 11.45am** Pilates with ball
- 4.00pm +**
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

SATURDAY, 04th may

- 8.15am - 9.00am** Water gym
- 10.30am - 12.00pm** Kneipp therapy
Registration until 8.00 pm
Meeting point at the reception
- 4.00 pm** Sauna infusion in the steam bath with srub
- 5.00 pm+ 6.00 pm** Sauna infusion in the Spa Sensea

SUNDAY, 05th may

- 7.45am - 9.00am** Yoga at the lake
At 7.45 you will go to the LAKE HOUSE. There you start the day with yoga master Manuela with lots of positive energy and strength.
Meeting point at 7.45am at the reception
Registration until saturday 03.00pm.
- 4.00pm +**
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea