

GUIDED HIKE ON THE SALTEN WITH JOSEF

The Salten is a typical low mountain range, gently undulating and with expansive, open larch meadows that have been tended and cultivated by farmers for centuries. In spring, when the meadows begin to turn green, crocuses bloom everywhere. We start our hike in the mountain village of Mölten at approx. 1,200 metres, first walking uphill through the forest to the Gschnofer Stall snack station, where we may stop for a bite to eat; then we continue through the gentle meadow landscape to the detached Langfenn farmstead with its inn and Romanesque church of St. Jakob. Here we stop for lunch. Well fortified, we hike back to Mölten along farm tracks. In Mölten, a visit to the Arunda sparkling wine cellar is a good idea; it is the highest sparkling wine cellar in Europe and the largest producer in South Tyrol. Depending on the schedule and interest of the participants, a visit with tasting can be organised at short notice.

- START** Friday 26th april 9.30 am return at 5.00pm
- WALKING TIME** 3,5 hours
- METRES IN ALTITUDE** 350 m ascent and descent
- ROUTE** approx. 11 km
- REQUIREMENTS** Easy hike throughout on good climbs and natural paths
- EQUIPMENT** Good footwear, clothing suitable for the weather, headgear, provisions, filled water bottle, sun protection, possibly hiking poles
- REFRESHMENT STOP** Jausenstation Gschnofer Stall, Gasthof Langfenn

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, 22nd 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, 23rd april

BIKE TOUR (MEDIUM) 10.00 am- 02.00 pm with Helmuth to Ora-Bronzolo-Bolzano 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 specialities in the evening.

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

WEDNESDAY, 24th april



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, 25th april



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

BIKE TOUR (DIFFICULT) 10.00 am- 02.00 pm with Helmuth to Caldaro-Castelvecchio-Sella-Cortaccia 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 specialities 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 NOAH THANEI.

FRIDAY, 26th april

GUIDED HIKE

on the Salten with Josef

- Start at 9.30 am - return ca. 5.00 pm
- Mind. 3 max. 8
- 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, 27th april

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, 28th april

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 NICO PLATTER.



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, 22nd april

- 8.15am - 9.00am Water gym
- 10.00am - 10.45am Fitness consultation
- 4.00pm - 4.45pm Bums-tums-legs
- 4.00pm +
- 5.00pm + 6.00pm Sauna infusion in the Spa Sensea

TUESDAY, 23rd 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-Bronzolo-Bolzano 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, 24th april

- 8.15am- 9.00am Water gym
- 10.00am - 10.45am Cardiotraining
- 11.00am - 11.45am Pilates
- 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, 25th april

- 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 Caldaro-Castelvecchio-Sella-Cortaccia and back (HELMET COMPULSORY- rental at the reception, e-bike for a fee, reservation and **registration at the reception**)
- 5.00pm - 5.45pm Circle training
- 4.00pm +
- 5.00pm + 6.00pm Sauna infusion in the Spa Sensea

FRIDAY, 26th april

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

SATURDAY, 27th april

- 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, 28th 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 saturday 03.00pm.
- 4.00pm +
- 5.00pm + 6.00pm Sauna infusion in the Spa Sensea