

GUIDED HIKE „HÖFEWEG VÖLSER AICHA“ WITH HIKING GUIDE JOSEF

We start the hike at the small hamlet of Prösels, near the magnificent castle of the same name, and follow the paths and trails through meadows, mixed forest and past farms. Finally, we reach the southern and sunny flank of the Tierser Valley with its extensive vineyards, which you wouldn't expect to find here. The path rewards us with a magnificent view of the Rosengarten massif, the Bolzano valley basin, the Ritten and the Eisack valley. We can stop off at the Innerperskoler Hof wine tavern and enjoy South Tyrolean home cooking and homemade wines. The way back leads past the edge of the village of Völser Aicha and along field paths between larches and apple orchards back to Prösels Castle.

- START

Friday 02nd may 9.30 am return at 4.00pm
- WALKING TIME

3,5 hours
- METRES IN ALTITUDE

400 m ascent and descent
- ROUTE

approx. 9 km
- REQUIREMENTS

A consistently easy hike on good paths and climbs
- EQUIPMENT

Good footwear, weatherproof clothing, jumper, filled water bottle, small snack, possibly walking poles.
- REFRESHMENT STOP

Buschenschank Innerperskoler Hof, Gasthof Oachner Wirt, Pröslerhof

OUR TIP

Take a spin on the stand-up paddle early in the morning and enjoy the idyllic tranquillity of the lake.

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

THERAPEUTIC HEALING MASSAGE WITH ANNA

Regardless of your complaints - whether tension, imbalances or circulatory disorders - our therapists relieve pain and promote regeneration with targeted massages. An effective method for relaxation and pain relief.

50 min | 130 €

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, Anna, Katharina, Stephanie & Giuseppe

WEEKLYPROGRAM

MONDAY, 28th 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

WINERY AND BREWERY VISIT WITH TASTING At 10.15 am 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 10.15 am at the reception

Registration at the reception until Sunday 8.00 pm min. 4 persons.


 Let yourself be pampered in our Ninfea Spa with a relaxing **facial treatment**. An immediate lifting effect with our medical line or a relaxing treatment from our regional and organic line? We have the right solution for every need!

TUESDAY, 29th april

BIKE TOUR (EASY) 10.00am- 1.00pm


around the Mitterberg

Registration at the reception

 After your sporting activities with Helmuth, we recommend an **Ecopassion Deep Opener Massage** to loosen up your muscles, so that nothing stands in the way of you enjoying the South Tyrolean specialties in the evening.

SOUTH TYROLEAN EVENING From 7 p.m. we will spoil you with a South Tyrolean menu. With products 95%+ from the South Tyrol-Trentino region.


WEDNESDAY, 30th april

 This special combination of leg massage and wrap will revitalize and regenerate your tired legs after a hike in the Montiggl forest. **Light Legs** Our **physiotherapist** Daniele is also here today from 3.00 pm – 6.00 pm.

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 15.00h with the Seeleitenshuttle or you are welcome to hike back with Franz. Total walking time there and back: approx. 3 hours. Difficulty: easy/medium. (Snack included)

Registration at the reception! min. 6 persons

THURSDAY, 01st may

 Today we invite you to experience our unique **Signature Treatment** and enjoy our delicious vine leaf tea with a relaxing foot bath!

BIKE TOUR (DEMANDING) 10.00am- 2.00pm

to Ora-Montagna-Trodena

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 with NOAH THANEI.

FRIDAY, 02nd may

GUIDED HIKE

„Höfeweg Völser Aicha“ with Josef

- Start at 9.30 am – return ca. 4.00 pm
- Mind. 3
- Mor Infos on the back side

Registration at the reception


 Do something good for yourself and your feet and enjoy a **foot-stimulating massage** after your morning hike with Josef. Our **physiotherapist** Daniele is also available today here today from 15.00 – 18.00.

BARBECUE from 12.00 noon till 2.30 pm.

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

SATURDAY, 03rd may


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

 Arrived or still enjoying the last few days? Experience our **4 elements massage** – which element do you feel drawn to? We look forward to offering you an unforgettable experience!

SUNDAY, 04th 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 from NICO PLATTER.

 Are you complaining of pain and would like treatment? Giuseppe and his **Tailored for your senses massage** is the right place for you!

FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

MONDAY, 28th april

8.15am - 9.00am Water gym
10.00am - 10.45am Fitness consultation
11.00am - 11.45am Bums-tums-legs
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

TUESDAY, 29th april

8.00am - 9.00am Yoga
At 8.00 you will start the day with yoga master Manuela with lots of positive energy and strength. Meeting point at 8.00am in the gym
Registration until monday 03.00pm.
10.00am- 1.00pm Bike Tour (easy)
around the Mitterberg
Registration at the reception
Meeting point at 10 a.m. in the bike room. (HELMET COMPULSORY- rental at the reception, e-bike for a fee, reservation)

5.00pm - 5.45pm Back fit
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

WEDNESDAY, 30th april

8.15am- 9.00am Water gym
10.00am - 10.45am Cardiotraining
11.00am - 11.45am Balance with pezziball
3.00pm Scrub in the steam bath
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

THURSDAY, 01st may

8.15am - 9.00am Water gym
10.00am - 2.00pm Bike Tour (demanding)
to Ora-Montagna-Trodena
Registration at the reception
Meeting point at 10 a.m. in the bike room. (HELMET COMPULSORY- rental at the reception, e-bike for a fee, reservation)

5.00pm - 5.45pm Pilates
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

FRIDAY, 02nd may

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

SATURDAY, 03rd may

8.15am - 9.00am Water gym
3.00pm Scrub in the steam bath
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

SUNDAY, 04th may

8.00am - 9.00am Yoga: At 08:00 you will start the day with yoga master Manuelawith lots of positive energy and strength. Meeting point at 08.15am at the reception
Registration until saturday 03.00pm.
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

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