

# GUIDED SUNRISE HIKE WITH HIKING GUIDE JOSEF

On the Lavinaspitz (Italian: Monte Lira), approx. 1,650m, we greet the new day with the rising sun over the Dolomites. We reach the viewpoint from the parking lot at the golf meadows via the forest path along the ski slope, past the Halbweg hut, and from there to the Lavinaspitz in a short time. The panorama is magnificent: directly beneath our feet lies Lake Kaltern, the Überetsch, the Etschtal and the Bolzano basin; opposite us, to the east, the Dolomites with the Schlern, Rosengarten, Latemar and the Lagorai chain. After the sunrise and a little refreshment with a warm drink, we hike back along the forest path to the golf meadows at the Mendel Pass.

- START

Friday 08<sup>th</sup> August 4.00 am
- WALKING TIME

2-2,5 hours
- METRES IN ALTITUDE

300 m ascent and descent
- ROUTE

approx. 6 km
- REQUIREMENTS

Easy hike throughout, some surefootedness required.
- EQUIPMENT

Good footwear, warm clothing, sweater, hat, headlamp or flashlight, possibly walking poles.
- FOOD

Small summit breakfast included
- TIP

Pack everything you need into your backpack the night before.

## OUR TIP

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



Scan here and discover our varied holiday offer!  
[seeleiten.it/app](https://seeleiten.it/app)



## TREATMENT OF THE WEEK

### DETOX PACK WITH MASSAGE

Dandelion honey combined with healing clay supports the removal of toxins from connective tissue and promotes the body's natural detoxification processes.

50 min | 95 €

## PRODUCT OF THE WEEK



### BIO SIERO ERBE VITA

Highly concentrated with natural hyaluronic acid and phyto-active ingredient complexes, the serum is effective as an intensive care product. It gives the skin a firm and even complexion, it reduces wrinkles, increases elasticity and replenishes the skin's moisture cushion.

54 €

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

The SPA team is happy to take care of your individual needs. Anna Sophia, Katharina, Stephanie, Vivien & Giuseppe




# WEEKLYPROGRAM


## MONDAY, 04<sup>th</sup> August

**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 15.15 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 15.15 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, 05<sup>th</sup> August

**BIKE TOUR (EASY)** 10.00am - 1.00pm to Neumarkt-Margreid zurück über Tramin  
**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.  
**MUSICAL EVENING** with live music with POWER JOE.

## WEDNESDAY, 06<sup>th</sup> August

**INTRODUCTORY DIVING** Discover the feeling of breathing underwater for the first time! It starts at 9:30 a.m. and is open to participants from 8 years of age. The cost is €50. The session lasts about one hour. Meeting point is directly at the natural outdoor pool. **Please register at the reception by Tuesday, 8:00 p.m.** min. 2 persons  
**GIN & VODKA** Edelschwarz Alpine Bio Spirits presents Gin & Vodka from 18.30 at the hotel bar. Where passion for spirits meets the untouched beauty of the Alps!  
**TORCHLIGHT HIKE** We meet at reception at 9.00 pm and walk up to the Römigberg together with Mr Moser, accompanied by torches. Duration approx. 1 hour. Please wear trainers.  
**Registration at reception** - min. 4 people.  
 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** Klemens is also here today from 3.00 pm - 6.00 pm.

## THURSDAY, 07<sup>th</sup> August

 Today we invite you to experience our unique **Signature Treatment** and enjoy our delicious vine leaf tea with a relaxing foot bath!  
**BIKE TOUR (DIFFICULT)** 10.00am - 2.00pm to Kaltern-Altenburg-Zöggler Wiesen-Graun and back  
**Registration at the reception**  
**BELLA ITALIA EVENING** From 7.00 pm our kitchen team will spoil you with Italian specialties.


## FRIDAY, 08<sup>th</sup> August

**GUIDED SUNRISE HIKE to the Lavinaspitz** with Josef  

- Start at 4.00 am
- return ca. 7.30 am
- Mind. 3
- More Infos on the back side

**Registration at the reception**  
**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.  
**MUSICAL EVENING** with live music with WE COVER YOU.

## SATURDAY, 09<sup>th</sup> August

**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, 10<sup>th</sup> August

**WELCOMING APERITIF:** From 6.30 pm to 7.30 pm we invite you to an aperitif in the piazzetta with various delicacies from the kitchen. Afterwards, enjoy a culinary journey of taste of a special kind.  
**MUSICAL EVENING** with live music from DANIEL FAZIO.

# FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

## MONDAY, 04<sup>th</sup> August

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

## TUESDAY, 05<sup>th</sup> August

**8.00am - 9.15am** Yoga at the lake @Lake House  
At 8.00 you will start the day with yoga master Manuela with lots of positive energy and strength.  
Meeting point at 8.00am at the reception  
**Registration until monday 03.00pm.**  
**10.00am - 1.00pm** Bike Tour (easy) to Neumarkt-Margreid zurück über Tramin  
**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** Circuit training  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## WEDNESDAY, 06<sup>th</sup> August

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

## THURSDAY, 07<sup>th</sup> August

**8.00am - 9.15am** Yoga at the lake @Lake House  
At 8.00 you will start the day with yoga master Manuela with lots of positive energy and strength. Meeting point at 8.00am at the reception  
**Registration until wednesday 03.00pm.**  
**10.00am - 2.00pm** Bike Tour (difficult) to Kaltern-Altenburg-Zöggler Wiesen-Graun and back  
**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  
**Registration until wednesday 03.00pm.**  
**5.00pm - 5.45pm** Pilates with pilates ring  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## FRIDAY, 08<sup>th</sup> August

**8.15am - 9.00am** Water gym  
**10.00am - 12.00am** Stand Up Paddle @Lake House  
**Meeting point direct at the Lake House**  
**Registration at the reception (from 12 y.)**  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## SATURDAY, 09<sup>th</sup> August

**8.15am - 9.00am** Water gym  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## SUNDAY, 10<sup>th</sup> August

**8.00am - 9.15am** Yoga at the lake @Lake House  
At 8.00 am you will start the day with yoga master Manuela with lots of positive energy and strength. Meeting point at 8.00 am at the reception  
**Registration until saturday 03.00pm.**  
**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