

GUIDED HIKE TO THE HUTS OF ALDINO WITH JOSEF

From the Schmiederalm at 1,680 metres, our starting point, we have a magnificent panoramic view of the South Tyrolean mountains. We hike through forest and larch meadows to the Lahner Alm and on to the edge of the Bletterbach Gorge (Dolomites UNESCO World Heritage Site); a look into this geologically highly interesting gorge allows us to trace the history of the earth as if in an open book. The trail continues to the Schönrast Alm (where you can stop for refreshments) and back to the Schmieder Alm.

- START

Friday 10th may 9.30 am return at 5.00pm
- WALKING TIME

3 hours
- METRES IN ALTITUDE

200 m ascent and descent
- ROUTE

approx. 7,5 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

Lahner-Alm, Schönrast-Alm, Schmiederalm, good South Tyrolean cuisine everywhere

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, 06th may

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, 07th may


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 specialties in the evening.

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

WEDNESDAY, 08th 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

GIN & VODKA TASTING Edelschwarz Alpine Bio Spirits from 18.00 at the hotel bar. Where passion for spirits meets the unspoilt beauty of the Alps!

THURSDAY, 09th 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 HANG LOOSE.

FRIDAY, 10th may

GUIDED HIKE

to the huts of aldino 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, 11th 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, 12th may

WELCOMING APERITIF: From 6.30 pm to 7.30 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, 06th may

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, 07th 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 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, 08th may

8.15am- 9.00am Water gym
10.30am - 11.15am Cardiotraining
11.15am - 12.00am Pilates
4.00 pm Sauna infusion in the steam bath with scrub
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, 09th 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 Circle training
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

FRIDAY, 10th may

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, 11th 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 scrub
5.00 pm+ 6.00 pm Sauna infusion in the Spa Sensea

SUNDAY, 12th 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