

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 11th July 3.30 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



TREATMENT OF THE WEEK

CRYOTHERAPY

Three minutes at -140°C – intense but effective!
Cryotherapy activates metabolism, reduces inflammation, and releases endorphins and serotonin – for a positive effect on the entire body.

1 session | 49 €
5 sessions | 190 €
10 sessions | 300 €

PRODUCT OF THE WEEK

BIO SIERO ERBE EQUILI

Highly concentrated intensive care that regulates the flow of sebum, counteracts skin inflammation, reduces skin irritation and strengthens blood vessels. Skin prone to couperose in particular can benefit from the soothing and balancing effect of the care product.



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, 07th july

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

 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, 08th july


BIKE TOUR (EASY) 10.00am- 1.00pm to Auer-Bozen-Girlan-Eppan-Kaltern
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.
FOOD MARKET from 8.30 pm in the Piazzetta with local producers.
MUSICAL EVENING with live music with POWER JOE.


WEDNESDAY, 09th july

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

 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.

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.

THURSDAY, 10th july

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

SUP'N SIP: We meet at 9.30 am at LAKE HOUSE. Together with Manuela we paddle on the SUP board to LAKE PARK. Once there, we'll experience a meditative session of Zen gymnastics. Afterwards, we enjoy a cool glass of rosé and then make our way back. Duration approx. 2 hours. Min. 2 and max. 8 people. For safe paddlers. **Registration at the reception.**

TRIP TO THE OPERA OF VERONA „NABUCCO“ departure at 1.50 p.m. with Wolfgang Moser. After a short tour of the city, we will have dinner together. Afterwards visit of the opera.
Registration at the reception until tuesday.
BELLA ITALIA EVENING From 7.00 pm our kitchen team will spoil you with Italian specialties.

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

FRIDAY, 11th july


GUIDED SUNRISE HIKE to the Lavinaspitz with Josef

- Start at 3.30 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.
SUMMERNIGHT AT THE LAKE with live music from Jon & Terry, pizza from Pizzagang & drinks from our bar. From 7.00-11.00 pm in the LAKE HOUSE.
Registration at the reception! Attention only limited places available! Shuttle service from the hotel and back. (only takes place in good weather)

SATURDAY, 12th july

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, 13th july

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 MICHAEL ASTER.

FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

MONDAY, 07th july

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, 08th july

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 Auer-Bozen-Girlan-Eppan-Kaltern
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 Circle training
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

WEDNESDAY, 09th july

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

THURSDAY, 10th july

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.

5.00pm - 5.45pm Training with small dumbbells
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

FRIDAY, 11th july

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, 12th july

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

SUNDAY, 13th july

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