

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 13th june 3.30 am return at 7.30 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.

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

IHHT

Intermittent hypoxia-hyperoxia therapy (IHHT) revitalises the mitochondria by alternating between high-oxygen and low-oxygen air supply in a controlled manner. This strengthens the immune system, encourages blood flow, and supports the lipometabolism – all without physical exertion.

45 min | 149 €
3 sessions | 390 €
10 sessions | 1.100 €

PRODUCT OF THE WEEK

BIO - CREMA SENSITIV

Particularly mild, odorless face cream. It soothes stressed, irritated skin, moisturizes it and gently cares for it. No fragrances have been added to reduce the allergen potential to a minimum. Ideal for sensitive skin.



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, 09th june

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, 10th june

BIKE TOUR (EASY) 10.00am- 1.00pm
to Auer-Neumarkt-Kurtinig-Margreid-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.

WEDNESDAY, 11th june

 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
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!

THURSDAY, 12th june

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

BIKE TOUR (MEDIUM) 10.00am- 2.00pm
to Altenburg-Zoggler Wiesn-Tramin-Kurtatsch-Margreid
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 TONAL ACOUSTIC DUO.

FRIDAY, 13th june

GUIDED SUNRISEHIKE
to the Lavinaspitz with Josef

- Start at 3.30 am - return ca. 7.30 am
- 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, 14th june


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, 15th june

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, 09th june

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, 10th june

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-Neumarkt-Kurtinig-Margreid-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 Back fit
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

WEDNESDAY, 11th june

8.15am- 9.00am Water gym
10.00am - 10.45am Cardiotraining
11.00am - 11.45am Pilates with ring
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

THURSDAY, 12th june

8.15am - 9.00am Water gym
10.00am - 2.00pm Bike Tour (medium)
to Altenburg-Zoggler Wiesn-Tramin-Kurtatsch-Margreid
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
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

FRIDAY, 13th june

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

SATURDAY, 14th june

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

SUNDAY, 15th june

8.00am - 9.15am Yoga at the lake @Lake House
At 8.00 am you will start the day with yoga master Manuelawith lots of positive energy and strength. Meeting point at 8.00 am 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