

# 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 20<sup>th</sup> 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.



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



## TREATMENT OF THE WEEK

### LIGHT LEGS

The combination of massage and wrap invigorates and regenerates tired legs — with birch, dandelion, nettle, and horse chestnut for long-lasting revitalization.

50 min | 95 €

## PRODUCT OF THE WEEK



### BIO BREATH BALM

The soothing respiratory balm opens and strengthens the airways and makes them more resistant. Its antibacterial and anti-inflammatory effect can support the healing of colds. This breath balm also has a balmy and calming effect. Ideal for strengthening the respiratory tract and relieving cold symptoms.

28 €

### 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, 16<sup>th</sup> 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, 17<sup>th</sup> june

**BIKE TOUR (EASY)** 10.00am- 1.00pm around the Mitterberg-Kaltern-Eppan  
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, 18<sup>th</sup> 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  
**DISTILLATES** distiller Juliana Daum from the Gut Kaltenburg presents her distillates at the hotel bar from 8.30 pm.

## THURSDAY, 19<sup>th</sup> 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 (DEMANDING)** 10.00am- 2.00pm to Montan-Truden back to Neumarkt  
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 HANG LOOSE DUO.


## FRIDAY, 20<sup>th</sup> 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, 21<sup>st</sup> 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, 22<sup>nd</sup> 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 MICHAEL ASTER.  
 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, 16<sup>th</sup> june

**8.15am - 9.00am** Water gym  
**10.00am - 10.45am** Fitness consultation  
**11.00am - 11.45am** Back fit  
**4.00pm +**  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## TUESDAY, 17<sup>th</sup> 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) around the Mitterberg-Kaltern-Eppan  
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** Dumbbell training  
**4.00pm +**  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## WEDNESDAY, 18<sup>th</sup> june

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

## THURSDAY, 19<sup>th</sup> june

**8.15am - 9.00am** Water gym  
**10.00am - 2.00pm** Bike Tour (demanding) to Montan-Truden back to Neumarkt  
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 with ring  
**4.00pm +**  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## FRIDAY, 20<sup>th</sup> june

**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.)  
**4.00pm +**  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## SATURDAY, 21<sup>st</sup> june

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

## SUNDAY, 22<sup>nd</sup> june

**8.00am - 9.15am** Yoga at the lake @Lake House  
At 8.00 am you will start the day with yoga master Petra with 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