

GUIDED HIKE TO THE HUTS OF ALDEIN WITH HIKING GUIDE LORENZ

From the Schmiederalm at 1,680 m, 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 23rd may 9.30 am return at 4.00pm
- WALKING TIME** 3 hours
- METRES IN ALTITUDE** 200 m ascent and descent
- ROUTE** approx. 7,5 km
- REQUIREMENTS** Easy and problem-free hike on forest paths and good climbs
- EQUIPMENT** Good footwear, weatherproof clothing, jumper, filled water bottle, small snack, possibly walking 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.

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

BALANCE FACE CARE

The synergy of sustainable skin care and a deeply effective massage reactivates the skin, allowing it to regenerate itself. Eyebrow correction included.

50 min | 95 €

PRODUCT OF THE WEEK

BIO - SIERO - ERBE - EQUILI

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. Sara, Anna Sophia, Katharina, Stephanie & Giuseppe

WEEKLYPROGRAM

MONDAY, 19th 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

WINERY AND BREWERY VISIT WITH TASTING At 10.15 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 10.15 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, 20th may

BIKE TOUR (EASY) 10.00am- 1.00pm

around the „Miterberg“

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, 21st may



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 6.30 pm.

THURSDAY, 22nd may



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 7TIMES EASY.

FRIDAY, 23rd may

GUIDED HIKE

to the huts of Aldein with Lorenz

- Start at 9.30 am - return ca. 4.00 pm
- 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, 24th may

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, 25th may

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, 19th may

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, 20th may

8.00am - 9.00am Yoga
At 8.00 you will start the day with yoga master Manuela with lots of positive energy and strength. Meeting point at 8.00am in the gym
Registration until monday 03.00pm.
10.00am- 1.00pm Bike Tour (easy) around the „Miterberg“
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 Workout with dumbbells
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

WEDNESDAY, 21st may

8.15am- 9.00am Water gym
10.00am - 10.45am Cardiotraining
11.00am - 11.45am Balance with pezziball
3.00pm Scrub in the steam bath
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

THURSDAY, 22nd may

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 Circle training
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

FRIDAY, 23rd may

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

SATURDAY, 24th may

8.15am - 9.00am Water gym
3.00pm Scrub in the steam bath
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

SUNDAY, 25th may

8.00am - 9.00am Yoga: At 08:00 you will start the day with yoga master Manuelawith lots of positive energy and strength. Meeting point at 08.15am 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