

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 25th July 3.45 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

DETOX PACK WITH MASSAGE

Dandelion honey combined with healing clay supports the removal of toxins from connective tissue and promotes the body's natural detoxification processes.

50 min | 95 €

PRODUCT OF THE WEEK



BIO SIERO ERBE VITA

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. Anna Sophia, Katharina, Stephanie, Vivien & Giuseppe

WEEKLYPROGRAM

MONDAY, 21st 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, 22nd July

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.
MUSICAL EVENING with live music with SIMPLE MEN.

WEDNESDAY, 23th July

GIN & VODKA Edelschwarz Alpine Bio Spirits presents Gin & Vodka from 6.30 pm at the hotel bar. Where passion for spirits meets the untouched beauty of the Alps!
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.

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** Klemens is also here today from 3.00 pm - 6.00 pm.

THURSDAY, 24th July

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

BIKE TOUR (DIFFICULT) 10.00am - 2.00pm
to Caldaro-Castelvecchio-Zöggler Wiesen-Corona and back
Registration at the reception
BELLA ITALIA EVENING From 7.00 pm our kitchen team will spoil you with Italian specialties.

FRIDAY, 25th July

GUIDED SUNRISE HIKE to the Lavinaspitz with Josef

- Start at 3.45 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.
DESSERT BUFFET From 8.30 pm our house pastry chef will spoil you with a delicious dessert buffet.
MUSICAL EVENING with live music with INA PROSS.

SATURDAY, 26th 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, 27th 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 NICO PLATTER.

FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

MONDAY, 21st 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, 22nd 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-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 Circuit training
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

WEDNESDAY, 23th 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, 24th 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.
10.00am - 2.00pm Bike Tour (difficult) to Caldaro-Castelvecchio-Zöggler Wiesen-Corona and back
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)
Registration until wednesday 03.00pm.
5.00pm - 5.45pm Pilates with pilates ring
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

FRIDAY, 25th 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, 26th July

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

SUNDAY, 27th 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.

MEETING POINT IS ALWAYS IN THE GYM
RECREA (UNLESS OTHERWISE STATED)
& DURING WATER GYMNASTICS IN THE INDOOR POOL