

# GUIDED HIKE TO CAVALESE WITH HIKING GUIDEJOSEF

The town of Cavalese is the administrative center of Val di Fiemme and looks back on centuries of eventful history. Witness to this is the Fiemme self-government, the Magnifica Comunità di Fiemme, which still has extensive forests and mountain pastures today and whose statute was confirmed by the Prince-Bishop of Trento in 1111. Starting from the San Lugano pass, we follow a small valley downhill and then reach a wide meadow plain with beautiful views of the Lagorai mountains, Latemar and Pala groups. We cross the village of Castello and finally reach Cavalese; after a rest and refreshment stop, we take the bus back to San Lugano.

- START

Friday 28<sup>th</sup> march 9.30 am return at 4.00pm
- WALKING TIME

3,5 hours
- METRES IN ALTITUDE

300 m ascent and descent
- ROUTE

approx. 9 km
- REQUIREMENTS

easy hike on forest roads, climbs and side roads with little and secondary roads with little traffic.
- EQUIPMENT

Good footwear, weatherproof clothing, jumper, filled water bottle, small snack, possibly walking poles.
- REFRESHMENT STOP

various restaurants, cafes and bars in Cavalese
- EXTRA

**mobil & aktiv Card for the return by public bus**

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## OUR TIP

Take a spin on the stand-up paddle early in the morning and enjoy the idyllic tranquillity of the lake.  
Stand-up paddles free of charge until 11.00 a.m.

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

### THERAPEUTIC HEALING MASSAGE WITH ANNA

Regardless of your complaints - whether tension, imbalances or circulatory disorders - our therapists relieve pain and promote regeneration with targeted massages. An effective method for relaxation and pain relief.

50 min | 130 €

## PRODUCT OF THE WEEK

### CBD POMMADE - SPORT HOT

A medicinal product with hemp oil and CBD. Suitable for warming up muscles, relieving muscle tension and feelings of fatigue after physical activity.



45 €

### 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, Katharina, Stephanie & Giuseppe

# WEEKLYPROGRAM

## MONDAY, 24<sup>th</sup> march


**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, 25<sup>th</sup> march


**BIKE TOUR (EASY)** 10.00am- 1.00pm  
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, 26<sup>th</sup> march

 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

## THURSDAY, 27<sup>th</sup> march

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


**MUSICAL EVENING** with live music by POWER JOE.

## FRIDAY, 28<sup>th</sup> march

**GUIDED HIKE**  
to Cavalese with Josef

- Start at 9.30 am - return ca. 4.00 pm
- Mind. 3
- lunch at a bar
- 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 with grilled chicken

In case of bad weather there will be an alternative

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

## SATURDAY, 29<sup>th</sup> march


**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, 30<sup>th</sup> march

**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 by 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, 24<sup>th</sup> march

**8.15am - 9.00am** Water gym  
**10.00am - 10.45am** Fitness consultation  
**4.00pm - 4.45pm** Back fit  
**4.00pm +**  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## TUESDAY, 25<sup>th</sup> march

**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)  
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

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

## WEDNESDAY, 26<sup>th</sup> march

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

## THURSDAY, 27<sup>th</sup> march

**8.15am - 9.00am** Water gym  
**10.00am - 11.00pm** Jogging around the lake  
**4.00pm +**  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## FRIDAY, 28<sup>th</sup> march

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

## SATURDAY, 29<sup>th</sup> march

**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, 30<sup>th</sup> march

**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