

HIKING TIP OF THE WEEK

Peace Trail

We strongly recommend you the so-called Peace Trail ("Friedensweg"), a very particular walking path with starting point in the centre of Caldaro, leading through woods and fields, passing the Rastenbach ravine and finally reaching the basilica of San Pietro, the most probably oldest church ruin in Tyrol. This walking trail is very well signposted and offers a lot of variety, enchanting the heart of every walking passionate. Starting at the Rottenburg square in Caldaro, you will find the first signposts for the Peace Trail to follow.

The Peace Trail was realized in the time period between 1995 and 2000, arising from the cooperation of the parish of Santa Maria Assunta, the Franciscan Monastery and the municipality of Caldaro, who invited several Italian and foreign artists to create different models at seven points of meditation.

The models are inspired by the landscape and the virtues of temperance, prudence, justice, faith, hope, courage (exposed at the Rastenbach ravine) and love (exposed at the church ruin of San Pietro). Parts of this walking trail are also very exciting for children.

Walking time: about 3 hours
Altitude difference: ascent 324 m, descent 153 m
Altitudes: 442 - 613 asl
Restaurants: none
Difficulty level: easy walking trail

Trail numbers: 10, 1, 2
Please note: easy walking trail with steps and bridges, hiking boots are recommended

www.seeleiten.it

16.-22.SEPTEMBER



Enjoy your vacation and have a good time!

We give our best every day to make your holiday unforgettable!

TIP OF THE WEEK

Tuesday, 17. September
-Farmers Market
From 07.30am until 12.30pm

Wednesday, 18. September
-Weekly market (textiles)
From 08.00am until 01.00pm

TREATMENT OF THE WEEK

Alpine deep effect-
PURIFICATION BATH WITH ALPINE MUD

A must for lovers of Alpine tradition. The Alpine mud smells extraordinarily good, in combination with natural sediments, it promotes the purification of the body through the skin and has an invigorating and strengthening effect. Deep care, natural, and powerful.

Approx. 20min 43,00€

WEEKPROGRAM

MONDAY

WINE DEGUSTATION: At 4:30 p.m. Mr. Moser invites you in the in-house stone cellar where you can taste some of the best wines of Southtyrol and you will hear a lot of things to know about the wine. (in german) Registration at the reception!

TUESDAY

YOGA AT THE LAKE: We meet us at 8.00 am and go together to our private beach.

Registration until Monday 3.00pm at the reception!

BIKE TOUR TO ORA-BRONZOLO-BOLZANO: Start at 10.00am with Personal Trainer Helmuth.
Return until 01.00 pm
Registration at the reception!

DESSERTBUFFET: At 8:30 p.m. you can enjoy a delicious dessert buffet from our patissiere.

WEDNESDAY

HIKE TOUR WITH MR. MOSER TO MONTIGGL:
We will meet us at 10.30 am at the reception. Together with Mr. Moser you walk to Montiggl to visit the little winery of him and eat there something.
Walking time 3 hours, difficulty medium

Registration at the reception!

THURSDAY

BREATHING HIKE: We meet us at 05:45 pm at the reception and we will drive with the Seeleiten Shuttle to Castelvecchio. Hike during 1 hour.
Registration at the reception!

SOUTH TYROLEAN GAME SPECIALITIES: from 07.00 pm

LIVE MUSIK: with **Joe**.

FRIDAY

GUIDED HIIKE TROUGH THE WOOD OF MONTICOLO
Start at 9.30am return until 04.00pm. Registration at the reception.

BARBEQUE: At 12 a.m. Barbeque at the Seeleiten Piazzetta

SATURDAY

STRUDELBUFFET: At 3 p.m. we invite you quite hearty to our strudel buffet at the hotelbar „Ambra“.

SUNDAY

WELCOME APERITIVE: At 6:30 p.m. at the hotelbar „Ambra“ with delicious canapé from kitchen.

GALA-DINNER: From 7 p.m. begins our delicious gala dinner.

after a musical evening with live music from **Stephan Karadar**.

FITNESSPROGRAM

MONDAY

08:15am - 09:00am Acquafit
09:15am - 10:00am Cardiotraining
10:15am - 11:00am Flexibar
11:15am - 12:00am Pilates

TUESDAY

08:15am - 09:00am Yoga at the lake (We meet us at 8.00am at the reception)
10:00am -13:00am Bike tour to Ora-Bronzolo-Bolzano
Registration at the reception!
05:00pm - 05:45pm Exercises for the back
05:00pm + 06:00pm Gettata di vapore

WEDNESDAY

08:15am - 09:00am Acquafut
09:15am - 10:00am Fitness
10:15am- 11:00am Exercises with Theraband
11:15am - 12:00am Exercises with small dumbbells
05:00pm + 06:00pm Sauna infusion

THURSDAY

08:15am - 09:00am Acquafit
09:15am - 10:30am Jogging around the lake
11:15am – 12:00am Circuit training
05:00pm + 06:00pm Sauna infusion

FRIDAY

08:15am - 09:00am Acquafit
09:15am - 10:00am Cardiotraining
10:15am - 11:00am Pezziball
11:15am - 12:00am Pilates
05:00pm + 06:00pm Sauna infusion

SATURDAY

08:15am - 09:00am Acquafit
05:00pm + 06:00pm Sauna infusion

SUNDAY

08:15am - 09:00am Yoga at the lake (We meet us at 8.00am at the reception, registration at the reception)

Meeting place is always in fitness room, except for water aerobics in swimmingpool.

Informations about the hotel
and the area around Caldaro:
hotelseeleiten.guestnet.info