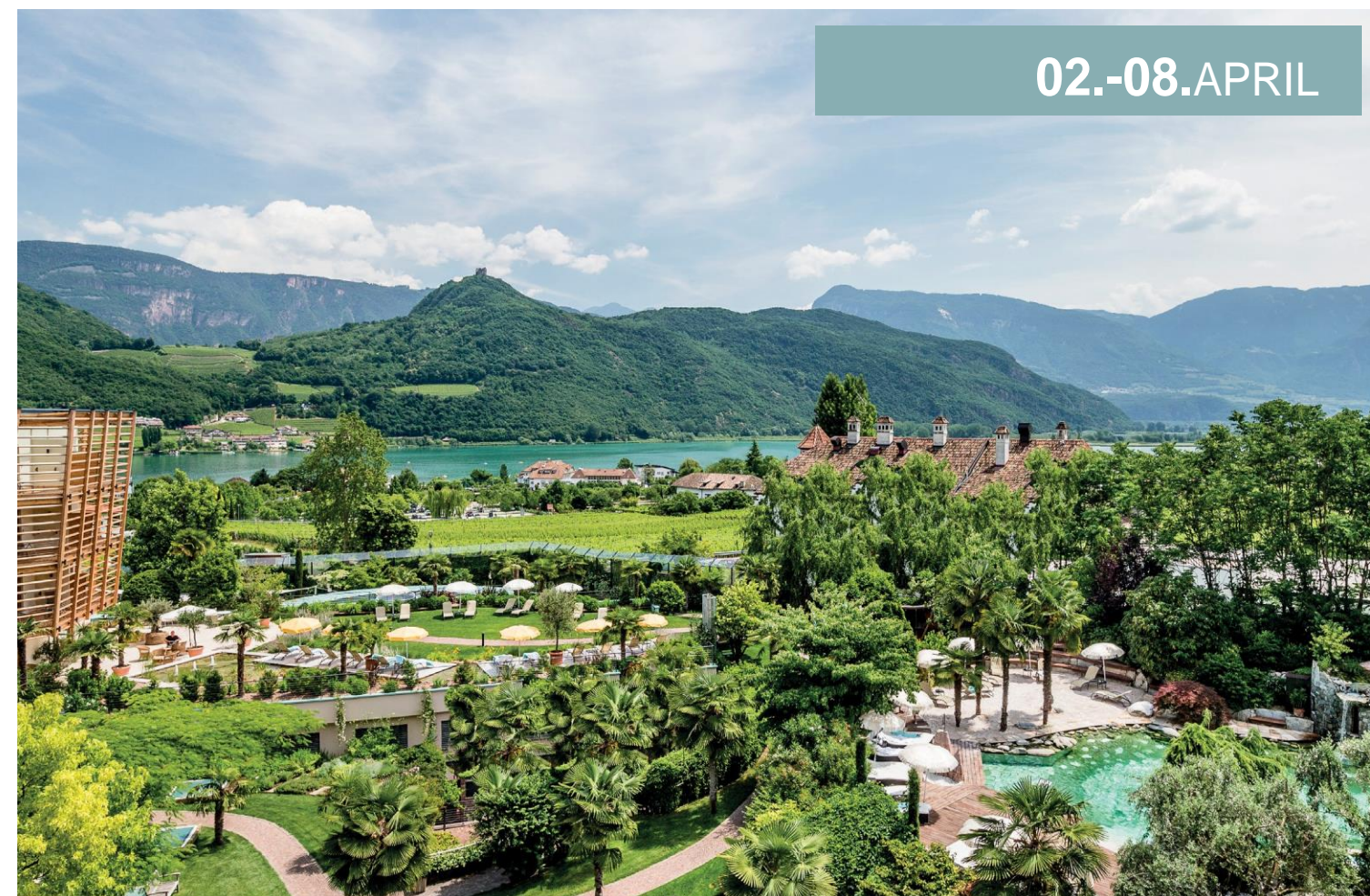


02.-08.APRIL



HIKING TIP OF THE WEEK

Our starting point is the small village of Missiano in the municipality of Appiano. Having reached the car parking space underneath Castel Corba, we start our hiking tour on an asphalted street. Very soon we can see two of the castles on our tour: first Castel Corba and then Castel Boymont, which lies a little further above in the woods.

Later on, the trail leads us along vineyards and fruit orchards, presenting wonderful views to the valley and the city of Bolzano. Soon afterwards we reach a farm, which we simply cross, staying on the asphalted street. At the beginning of the wood we follow trail no. 12 until the so-called „castle trail“ (in German „Burgenweg“). Having gained height on a small steep track the trail goes on a series of serpentines until we finally reach the tower „Kreideturm“.

We pass the „Kreideturm“, keep to the left and continue until we reach an asphalted forest street which will finally lead us to Castel d’Appiano. Before the trail gets steeper, we decide to stop and drink some water we brought with us in our rucksacks. Continuing our hiking, we soon arrive at our first destination, the Castel d’Appiano. A breathtaking view to the valley and the city of Bolzano is welcoming us here! Having taken so-me fotos, we decide to explore the inside of the castle. Pas-sing a small bridge we reach the castle’s gate and enter the courtyard. In the castle’s tavern we treat ourselves with so-me refreshing drinks.

After a short visitation we continue our hiking tour towards Castel Boymont, passing some horses and pigs who are looking at us half asleep. We follow the track steeply downwards to a gorge where we take some steps and cross a little bridge before we walk upwards again to reach the other side where we can once again enjoy the great view to the castle and its chapel. We continue our hike through the wood (trail no. 14), finally arriving at our next destination, Castel Boymont. After a short visitation, we enjoy the warming autumn sunlight.

Starting our way back we take the same trail on which we came to Castel Boymont. After a few meters we turn into the trail that leads us back to Castel Corba.

Starting point: Castel Corba in Missiano (municipality of Appiano in the South of South Tyrol) Trail route: Castel Corba - Kreideturm - Castel d’Appiano - Castel Boymont (circular trail) Trail numbers: 12, „Burgenweg“, 14

Enjoy your vacation and have a good time!

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

TIP OF THE WEEK

TREATMENT OF THE WEEK

Wednesday April 4
Weekly Market (textiles)

08:00 AM hours

Saturday April 7
Extended opening hours during the springtime in
Kaltern

The "extended opening hours during the
springtime" in Kaltern invite you to pass some
stress-free hours in Kaltern's historical Market
Square.

SOIN MINCEUR NATUREL - MARIA GALLAND

A new body ritual that ensures unforgettable relaxation
as well as optimal absorption of toning and detox
elements. Orange-peel skin is visibly reduced and skin
elasticity is improved.

ca. 80 min. 97,00 €

WEEKPROGRAM

MONDAY

PRESENTATION OF THE WEEK PROGRAM: At 10.30 a.m. we present you our week program at the Piazzetta with a glass of prosecco. Lisa will be available for your questions and information. Afterwards we do a hotel tour through the house in the kitchen to the head cook Oliver and then to the wellness department.

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

SPECIALTIS-EVENING: At 7 p.m. we will spoil you with asparagus.

WEDNESDAY

SPRING HIKE: We meet us at 10:30 a.m. at the reception. Together with Mr. Moser we hike around the lake of Caldaro. On the opposite side we will visit the Seeleiten park of the eternity and then we will go back to the hotel. Registration at the reception!

THURSDAY

BIKE TRIP: We meet us at 10:00 a.m. at the reception. Together with our wellness trainer Helmuth we ride with the bikes to Altenburg- Söll- Tramin. Later on, we will return to the hotel and we will be here at 1 p.m.. For the tour we will take 2,5 hours. Registration at the reception!

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

MUSICAL EVENING with live music from Duo Sonoro

FRIDAY

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

HIKE: Information and registration at the reception

SATURDAY

CAKE BUFFET: At 3 p.m. we invite you quite hearty to our cake buffet at the hotel-bar „Ambra“.

SUNDAY

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

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

Subsequent a musical evening with live music from Emily

FITNESSPROGRAM

MONDAY

08:15 - 09:00 Water aerobics
10:15 - 11:00 Gym
11:00-11:45 Exercises with the Pezziball
17:00 – 17:45 Pilates

TUESDAY

08:15 - 09:00 Water aerobic
09:15 - 10:30 Jogging
10:30 - 11:00 Stretching

WEDNESDAY

08:15 - 09:00 Water aerobics
09:15 - 10:00 Gym
17:00 -17.45 Exercises with the Theraband

THURSDAY

08:15 - 09:00 Water aerobics
10:00 – 13:00 Bike tour
16:30 - 17:15 Gym

FRIDAY

08:15 - 09:00 Water aerobics
09:15- 10:00 Gym
10.15- 12:00 Nordic Walking

SATURDAY

08:15 - 09:00 Water aerobics

Information's about the hotel
and the area around Caldaro:
hotelseeleiten.guestnet.info

The program is only an example. It can vary weekly.

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