

## SATURDAY

### HEARTY BREAKFAST

AT 07:00 - 10:30  
at the breakfast buffet

### CLIMBING TOUR - SELLATÜRME

AT 08:00 MEETING POINT: RECEPTION (320€ 1 PERS.;  
360 € 2 PERS.)

Easy climbing tour  
Attention please: Registration required!

### VIA FERRATA RODA DI VAÉL

AT 08:00 MEETING POINT: RECEPTION (130€ P.P.; MIN.  
2 PERS., MAX. 4)

Good condition and no fear of heights are necessary.  
Attention please: Registration required!

### YOGA

AT 08:00 - 08:45 MEETING POINT: RECEPTION  
with Nadia

### GUIDED HIKE TO THE POPPEKANZEL

AT 08:50 - 16:00 MEETING POINT: RECEPTION 650 ↑ ↓  
M

Medium hiking tour  
Attention please: Registration required!

### LADYSAUNA: WELLNESS AREA RESERVEVD FOR WOMEN.

AT 10:00 - 12:00  
Gently. Relaxing. Undisturbed. Unique moments of well-  
being in the middle of the Dolomites for our ladies.

### BUMS-TUMS-AND-LEGS

AT 15:30 - 16:00 MEETING POINT: RECEPTION  
- get in shape

### BACK-FIT

AT 16:30 - 17:00 MEETING POINT: RECEPTION  
with our wellnesscoach

### CLASSIC SAUNA INFUSION

AT 16:30 - 16:45  
in our hay barn sauna

### CLASSIC SAUNA INFUSION

AT 17:30 - 17:45  
in our hay barn sauna

### PROGRESSIVE MUSCLE RELAXATION

AT 17:30 - 18:00 MEETING POINT: RECEPTION  
according E. Jacobsen

### FITNESS COACHING

AT 18:00 - 19:00 MEETING POINT: RECEPTION  
Get tips

### CLASSIC SAUNA INFUSION

AT 18:30 - 18:45

## SUNDAY

### SUNDAY BREAKFAST

AT 07:00 - 10:30  
with a selection of fresh fish.

### SUN SALUTATION

AT 08:15 - 08:30 MEETING POINT: RECEPTION  
with our wellnesscoach

### HEALTHY AQUA FITNESS

AT 09:00 - 09:30 MEETING POINT: SWIMMING POOL  
accompanied by our wellnesscoach

### HIKING OF TRANSHUMANCE

AT 09:50 - 15:00  
Easy hiking tour

### LADYSAUNA: WELLNESS AREA RESERVEVD FOR WOMEN.

AT 10:00 - 12:00  
Gently. Relaxing. Undisturbed. Unique moments of well-  
being in the middle of the Dolomites for our ladies.

### PILATES

AT 15:00 - 15:30 MEETING POINT: RECEPTION  
A systematic total body workout.

### CLASSIC SAUNA INFUSION

AT 15:30 - 15:45  
in our hay barn sauna

### CLASSIC SAUNA INFUSION

AT 16:30 - 16:45  
in our hay barn sauna

### CLIMBING EXERCISE WITH OUR MOUNTAIN GUIDE

AT 17:00 - 18:00  
Get tips.

### SAUNA FRAGRANCE WITH SINGING BOWLS

AT 17:00 - 17:15  
in the clay sauna

### WELCOME EVENING

AT 18:00 - 19:00 MEETING POINT: HIKER'S BAR  
& weekly program presentation

### LIVE MUSIC WITH FABIO FROM THE BAND "THE SNOOPS"

AT 18:30 - 23:00  
at the hiker's bar

### APERITIVO LUNGO

AT 18:45 - 19:15 MEETING POINT: RECEPTION  
under the Catinaccio

07.10. - 13.10.2019

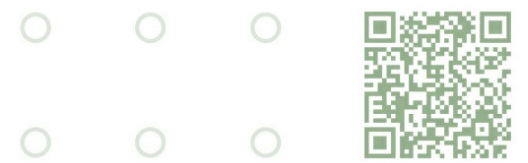
# Weekly PROGRAM



## Dear guests,

True to our motto: "Movement on the mountain and relaxation in the valley", we have created our program for this week. We wish you many beautiful experiences and pleasant relaxation.

Family Damian with the whole team



## monday

### SWEET ALLUREMENT

AT 07:00 - 10:30  
at the breakfast buffet

### SUN SALUTATION

AT 08:15 - 08:30 MEETING POINT: RECEPTION  
with our wellnesscoach

### GUIDED HIKE TROUGH THE MARMOT VALLEY

AT 08:50 - 16:00 MEETING POINT: RECEPTION 500 M  
↑ ↓

Medium heavy hiking tour  
Attention please: Registration required!

### GUIDED HIKING TOUR: LATEMAR - ROCKY LABYRINTH

AT 08:50 - 16:00 MEETING POINT: RECEPTION 350  
M ↑ ↓

Easy hiking tour  
Attention please: Registration required!

### YOGA

AT 14:00 - 14:45 MEETING POINT: RECEPTION  
with Nadia

### FITNESS COACHING

AT 15:00 - 16:00 MEETING POINT: RECEPTION  
Get tips

### HONEY INFUSION

AT 16:30 - 16:45  
in the hay barn sauna

### PILATES

AT 17:30 - 18:00 MEETING POINT: RECEPTION  
A systematic total body workout.

### CLASSIC SAUNA INFUSION

AT 17:30 - 17:45  
in our hay barn sauna

### STRETCHING FOR HIKERS

AT 18:00 - 18:30 MEETING POINT: RECEPTION

## Tuesday

### FRUITS - POWER IN THE MORNING

AT 07:00 - 10:30

Vitaminstart into the day.

### INTRODUCTION VIA FERRATA MASARÉ

AT 08:00 MEETING POINT: RECEPTION (130€P.P., MIN. 2 PERS, MAX. 4)

Good condition and no fear of heights are necessary.

Attention please: Registration required!

### GUIDED HIKE AROUND THE ROSENGARTEN

AT 08:50 - 16:00 MEETING POINT: RECEPTION 900 M ↑↓

Medium heavy hiking tour

Attention please: Registration required!

### E-BIKE TOUR: OBSERVATORY GUMMER - HAGNER HUT

AT 09:30 - 15:30 MEETING POINT: RECEPTION (1500M ↑↓; RENT: 30,00 € P.P. /DAY)

Medium-heavy tour

Attention please: Registration required!

### GUIDED HIKE FROM KÖLNER TO HANIGER HUT

AT 09:50 - 16:00 MEETING POINT: RECEPTION 1300↓ M

Medium-havy hiking tour

Attention please: Registration required!



### CLIMBING EXERCISE WITH OUR MOUNTAIN GUIDE

AT 17:00 - 18:00

Get tips.

### CLASSIC SAUNA INFUSION

AT 17:30 - 17:45

in our hay barn sauna

### CLASSIC SAUNA INFUSION

AT 18:30 - 18:45

in our hay barn sauna

### WINE & CHEESE TASTING WITH SOMMELIER SILVIA

AT 21:00 - 22:30 MEETING POINT: WINE CELLAR

(€ 25,00 p.P. min. 8 Pers.)

Attention please: Registration required!

## Wednesday

### WILD OBSERVATION TO HANIGER HUT

AT 06:30 - 14:30 MEETING POINT: RECEPTION

with Georg Antholzer (in german)

Attention please: Registration required!

### WITH BREAD INVIGORATED IN THE DAY

AT 07:00 - 10:30

Bread specialities of the Tratter bakery

### FERRATA PASSO SANTNER

AT 08:00 - 16:00 MEETING POINT: RECEPTION 900 M↑↓ (130€ P.P.; MIN. 2 PERS., MAX. 4)

Good condition and no fear of heights are necessary.

Attention please: Registration required!

### TOUR ROSENGARTEN PEAK

AT 08:00 - 16:00 MEETING POINT: RECEPTION (320€ 1 PERS.; 360 € 2 PERS.)

Good condition and no fear of heights are necessary.

Attention please: Registration required!

### YOGA

AT 08:00 - 08:45 MEETING POINT: RECEPTION

with Nadia

### GUIDED HERB HIKE: SCHNAGGENKREUZ - BACON TASTING

AT 08:50 - 15:00 MEETING POINT: RECEPTION (550 M ↑; 15,00 € P.P.)

Easy hiking tour

Attention please: Registration required!

### PREPARATION OF "TIERSER SCHUTZA"

AT 15:00 - 17:00

An old dish from the Tiers valley

### BACK-FIT

AT 15:30 - 16:15 MEETING POINT: RECEPTION

with our wellnesscoach

### CLASSIC SAUNA INFUSION

AT 16:30 - 16:45

in our hay barn sauna

### BREATH DEEPLY

AT 16:30 - 17:15 MEETING POINT: RECEPTION

- for the common good

### CLASSIC SAUNA INFUSION

AT 17:30 - 17:45

in our hay barn sauna

### CLASSIC SAUNA INFUSION

AT 18:30 - 18:45

in our hay barn sauna

## THURSDAY

### APPLE BREAKFAST

AT 07:00 - 10:30

An apple a day keeps the doctor away.

### CLIMBING AT THE VAJOLET TOWERS

AT 08:00 MEETING POINT: RECEPTION (300€ 1 PERS., 170€ 2 PERS.)

From Gardecchia to the Re Alberto hut

Attention please: Registration required!

### VIA FERRATA CATINACCIO D'ANTERMOIA

AT 08:00 MEETING POINT: RECEPTION (130€P.P., MIN. 2 PERS, MAX. 4)

Good condition and no fear of heights are necessary.

Attention please: Registration required!

### GUIDED HIKE: FROM ALPE DI SIUSI TO THE MOLIGNON PASS

AT 08:05 - 16:30 MEETING POINT: RECEPTION 800M ↑ 1400M↓

Medium-heavy hiking tour

Attention please: Registration required!

### GUIDED HIKE TO THE HIGH PATH OF THE VAL DI FASSA

AT 08:50 - 17:00 MEETING POINT: RECEPTION 600 M↑↓

Medium-heavy hiking tour

Attention please: Registration required!

### E-BIKE TOUR TO LAGO DI FIÉ - HOFER ALPL

AT 09:30 - 15:30 MEETING POINT: RECEPTION (1200M ↑↓; RENT: 30,00 € P.P. /DAY)

Medium-heavy tour

Attention please: Registration required!

### LADYSAUNA: WELLNESS AREA RESEREVD FOR WOMEN.

AT 10:00 - 12:00

Gently. Relaxing. Undisturbed. Unique moments of well-being in the middle of the Dolomites for our ladies.

### LAUGHTER YOGA GELOTOTOLOGY

AT 15:00 - 15:45 MEETING POINT: FITNESS ROOM

Laughter relieves stress.

### CLASSIC SAUNA INFUSION

AT 17:30 - 17:45

in our hay barn sauna

### WINE CELLAR WITH SOMMELIER SILVIA

AT 17:30 - 19:00

Explorate our wines.

### SAUNA FRAGRANCE WITH SINGING BOWLS

AT 18:30 - 18:45

in the clay sauna

### LIVE MUSIC BY "THE SNOOPS"

AT 18:30 - 23:00

at the hiker's bar

## Friday

### SUNRISE HIKING TOUR

AT 06:15 - 09:15 MEETING POINT: RECEPTION 350 M↑↓

Easy hiking tour

Attention please: Registration required!

### SUPERFOOD

AT 07:00 - 10:30

Today our topic for breakfast.

### CLIMBING IN THE RODA DI VAËL

AT 08:00 MEETING POINT: RECEPTION (300€ 1 PERS., 170€ 2 PERS.)

Good condition and no fear of heights are necessary.

Attention please: Registration required!

### VIA FERRATA PISCIADÙ

AT 08:00 MEETING POINT: RECEPTION (120€P.P., MIN. 2 PERS, MAX. 4)

Good condition and no fear of heights are necessary.

Attention please: Registration required!

### GUIDED HIKE: BÄRENFALLE HAMMERWAND

AT 08:30 - 17:00 MEETING POINT: RECEPTION 1200 M ↑↓

Challenging hiking tour

Attention please: Registration required!

### LADYSAUNA: WELLNESS AREA RESEREVD FOR WOMEN.

AT 10:00 - 12:00

Gently. Relaxing. Undisturbed. Unique moments of well-being in the middle of the Dolomites for our ladies.

### SAUNA RITUAL TYROLEAN STYLE

AT 16:30 - 16:45

in our hay barn sauna



### CLASSIC SAUNA INFUSION

AT 17:30 - 17:45

in our hay barn sauna

### CLASSIC SAUNA INFUSION

AT 18:30 - 18:45

in our hay barn sauna