

## GUIDED SUNRISEHIKE ON THE MENDOLA WITH JOSEF

On the Lavinaspitz (Italian: Monte Lira), approx. 1,650 m, we greet the new day with the rising sun over the Dolomites. We reach the viewpoint from the car park 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 31<sup>st</sup> may 3.30 am
- WALKING TIME** 2 - 2,5 hours
- METRES IN ALTITUDE** 300 ascent and descent
- ROUTE** approx. 6 km
- REQUIREMENTS** Easy hike throughout, some surefootedness required
- EQUIPMENT** Good footwear, warm clothing, jumper, hat, head torch or torch, possibly hiking poles.
- REFRESHMENT STOP** Small summit breakfast

### 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.



DEAR GUESTS, WE KINDLY ASK YOU TO WEAR APPROPRIATE CLOTHING.

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

#### AGE ELEMENT - BEAUTY IN EVERY AGE

An innovative and exclusive active complex that reverses the effects of gene expression markers and counteracts the signs of aging. Look forward to an activating lifting massage and a surprising result.

80 min | 180 €

### PRODUCT OF THE WEEK

#### ESSENTIAL FULL BODY CREAM

Feuchtigkeitsspendende und nährnde Körpercreme. Vermindert das Auftreten von Dehnungsstreifen und dient auch sehr gut als „Aftersun“.

44 €



#### OUR SPA NINFEA IS DAILY OPEN FROM 8.00AM - 7.00PM

The SPA team is happy to take care of your individual needs. Sara, Stefanie, Katharina, Stephanie & Giuseppe

# WEEKLY PROGRAM

## MONDAY, 27<sup>th</sup> may

**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**

**WINE DEGUSTATION** At 4.30 pm Mr. Moser invites you in the in-house stone cellar where you can taste some of the best wines of South Tyrol and you will hear a lot of things to know about the wine. (In german)


**Registration at the reception**

 Wine tasting is not for you? In the meantime, let yourself be pampered in our Spa Ninfea with a **relaxing facial treatment** (e.g. cosmetics with stem cells).

## TUESDAY, 28<sup>th</sup> may


**BIKE TOUR (MEDIUM)** 10.00 am- 02.00 pm with Helmuth to Ora-Egna-Magré and back

**Registration at the reception**

 Today we recommend a **Ecopassion Deep Opener** massage to loosen up the muscles and so there is nothing to stop you from enjoying the South Tyrolean specialities in the evening.

**SOUTH TYROLEAN EVENING** From 7.00 pm our kitchen team will spoil you with South Tyrolean specialties.

## WEDNESDAY, 29<sup>th</sup> may

 Open and purify the respiratory tract with a massage using various herbs and thus strengthen your immune system. **I Breathe.**

**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 03.00 pm. Total walking time there and back: approx. 3 hours. Difficulty: easy/medium. (Snack included)

**Registration at the reception!** min. 4 persons

## THURSDAY, 30<sup>th</sup> may

 Enjoy a pleasant treatment today with wraps on the legs. **Light Legs.**

**BIKE TOUR (MEDIUM/DIFFICULT)**

10.00 am- 02.00 pm with Helmuth to Caldaro-Castelvecchio-Sella-Corona

**Registration at the reception**

**WINERY AND BREWERY VISIT WITH TASTING** At 4.15 pm 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 specialties in the farm shop.

- Start at 4.15 pm at the reception
- Max. 22 persons (adults only)

**Registration at the reception**

**BELLA ITALIA EVENING** From 7.00 pm our kitchen team will spoil you with Italian specialties.

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

## FRIDAY, 31<sup>st</sup> may

**GUIDED SUNRISEHIKE to the mendola** with Josef

- Start at 3.30 am - return ca. 7.30 pm
- Mind. 3 max. 8
- Mor Infos on the back side

**Registration at the reception**

 Do something good for yourself and your feet. After a morning hike, enjoy a **foot stimulating massage.**

**BARBECUE** From 12.00 with grilled chicken

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

## SATURDAY, 01<sup>st</sup> june

**KNEIPP THERAPY** in the forest of Castelvecchio con Giuseppe. Start 10.30 am. Return at 12.00 pm.

**Registration at the reception until friday 8.00 pm** max. 8 min. 3


**SWEET DELICACIES** from 3.00 pm - 4.30 pm from our house patissiere Florian at the showkitchen.

 Arrived or still enjoying the last days? Experience our 80 min **Lomi Lomi Ninfea** massage.

## SUNDAY, 02<sup>nd</sup> june

**WELCOMING APERITIF:** From 6.30 pm to 7.30 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 to be treated? Giuseppe and his **Tailored for your senses massage** are the right place for you.

# FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

## MONDAY, 27<sup>th</sup> may

- 8.15am - 9.00am** Water gym
- 10.00am - 10.45am** Cardiotraining
- 11.00am - 11.45am** Workout with theraband
- 4.00pm +**
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## TUESDAY, 28<sup>th</sup> may

- 7.45am - 9.00am** Yoga at the lake  
At 7.45 you will go to the LAKE HOUSE. There you start the day with yoga master Manuela with lots of positive energy and strength.  
**Meeting point at 7.45am at the reception**  
**Registration until monday 03.00pm.**
- 10.00am - 2.00pm** Bike tour (easy)  
Meeting point at 2 p.m. in the bicycle garage. Together with Helmuth we pedal to Ora-Egna-Magré and back (HELMET COMPULSORY- rental at the reception, e-bike for a fee, reservation and **registration at the reception**)
- 5.00pm + 5.45pm** Back fit
- 4.00pm +**
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## WEDNESDAY, 29<sup>th</sup> may

- 8.15am- 9.00am** Water gym
- 10.00am - 10.45am** Fitness consultation
- 11.00am - 11.45am** Pilates with ball
- 4.00 pm** Sauna infusion in the steam bath with srub
- 5.00 pm+ 6.00 pm** Sauna infusion in the Spa Sensea

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

## THURSDAY, 30<sup>th</sup> may

- 8.15am - 9.00am** Water gym
- 10.00am - 2.00pm** Bike tour (medium/difficult)  
Meeting point at 10 a.m. in the bicycle garage. Together with Helmuth we pedal to Caldaro-Castelvecchio-Sella-Corona (HELMET COMPULSORY- rental at the reception, e-bike for a fee, reservation and **registration at the reception**)
- 5.00pm - 5.45pm** Bums-tums-legs
- 4.00pm +**
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## FRIDAY, 31<sup>st</sup> may

- 8.15am - 9.00am** Water gym
- 10.00am - 12.00pm** Stand-Up-Paddle @LAKE House  
**Registration at the reception (from 14 years)**
- 4.00pm +**
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## SATURDAY, 01<sup>st</sup> june

- 8.15am - 9.00am** Water gym
- 10.30am - 12.00pm** Kneipp therapy  
**Registration until 8.00 pm**  
**Meeting point at the reception**
- 4.00 pm** Sauna infusion in the steam bath with srub
- 5.00 pm+ 6.00 pm** Sauna infusion in the Spa Sensea

## SUNDAY, 02<sup>nd</sup> june

- 7.45am - 9.00am** Yoga at the lake  
At 7.45 you will go to the LAKE HOUSE. There you start the day with yoga master Manuela with lots of positive energy and strength.  
**Meeting point at 7.45am at the reception**  
**Registration until saturday 03.00pm.**
- 4.00pm +**
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea