

GUIDED HIKE TO THE SALTO WITH HIKING GUIDEJOSEF

The Salten is a typical low mountain range, gently undulating and with expansive, open larch meadows that have been tended and cultivated by farmers for centuries. In spring, when the meadows begin to turn green, crocuses bloom everywhere. We start our hike in the mountain village of Mölten at approx. 1,200 m, first hiking uphill through the forest to the Gschnofer Stall snack station with a possible first stop for refreshments; now we continue through the gentle meadow landscape to the detached Langfenn farmstead with inn and Romanesque church of St. Jakob. Here we stop for lunch. Well fortified, we hike back to Mölten via farm tracks. In Mölten, we can visit the Arunda sparkling wine cellar, the highest sparkling wine cellar in Europe and the largest producer in South Tyrol. Depending on the schedule and interest of the participants, a visit with tasting can be organized at short notice.

- START

Friday 18th april 9.30 am return at 4.00pm
- WALKING TIME

3,5 hours
- METRES IN ALTITUDE

350 m ascent and descent
- ROUTE

approx. 11 km
- REQUIREMENTS

Easy hike throughout on good climbs and natural paths
- EQUIPMENT

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

Snack station Gschnofer Stall, Gasthof Langfenn
(good South Tyrolean food, ingredients from our own production or in the immediate vicinity)

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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.

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, 14th april


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, 15th april

BIKE TOUR (MEDIUM) 10.00am- 2.00pm
around the „Mitterberg“ 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, 16th april

 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, 17th april

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

BIKE TOUR (MEDIUM) 10.00am- 1.00pm
to Ora-Egna-Montagna 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 with Tonal Acoustic Duo.

FRIDAY, 18th april

GUIDED HIKE
to the salto with Josef

- Start at 9.30 am – return ca. 4.00 pm
- Mind. 3
- 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 noon till 2.30 pm.

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

SATURDAY, 19th april

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, 20th april

EASTER BRUNCH from 7.30 am to 2.30 pm.

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 7 times easy.

 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, 14th april

8.15am - 9.00am Water gym
10.00am - 10.45am Cardio
11.00am - 11.45am Bums-tums-legs
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

TUESDAY, 15th april

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- 2.00pm Bike Tour (medium)
around the „Mitterberg“
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, 16th april

8.15am- 9.00am Water gym
10.00am - 10.45am Fitness consultation
11.00am - 11.45am Workout with small dumbbells
3.00pm Scrub in the steam bath
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

THURSDAY, 17th april

8.15am - 9.00am Water gym
10.00am - 1.00pm Bike Tour (easy)
to Ora-Egna-Montagna
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

FRIDAY, 18th april

8.15am - 9.00am Water gym
11.00am - 11.45am Fitness consultation
5.00pm - 5.45pm Circle training
4.00pm +
5.00pm + 6.00pm Sauna infusion in the Spa Sensea

SATURDAY, 19th april

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, 20th april

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

TIP

EASTER SUNDAY

EASTER SURPRISE IN THE GARDEN

The Easter Bunny has hidden for every guest, big or small, 1 surprise in the garden