

## GUIDED HIKE TO THE HUTS OF ALDINO WITH JOSEF

From the Schmiederalm at 1,680 m, our starting point, we have a magnificent panoramic view of the South Tyrolean mountains. We hike through forest and larch meadows to the Lahner Alm and on to the edge of the Bletterbach Gorge (Dolomites UNESCO World Heritage Site); a look into this geologically highly interesting gorge allows us to trace the history of the earth as if in an open book. The trail continues to the Schönrast Alm (where you can stop for refreshments) and back to the Schmieder Alm.

- START** Friday 22<sup>nd</sup> november 9.30 am
- WALKING TIME** 3 hours
- METRES IN ALTITUDE** 200 ascent and descent
- ROUTE** approx. 7,5 km
- REQUIREMENTS** Easy and problem-free hike on forest paths and good climbs
- EQUIPMENT** Good footwear, weatherproof clothing, sweater, headgear, filled water bottle, small snack, sun protection, possibly hiking poles.
- FOOD** Lahner-Alm, Schönrast-Alm, Schmiederalm, good South Tyrolean cuisine everywhere

### OUR TIP

Visit our new LAKE SAUNA at the LAKE HOUSE. In the LAKE HOUSE you will find towels, loungers and tea to relax. open from 1 to 5 p.m.

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 PRODUCTS INCLUDED

### GLOW UP EXPRESS

Experience a radiant transformation in just 25 minutes with a revitalizing glow-up treatment that includes exfoliation and a refreshing ice roller massage.

What's special about this treatment? You will receive an exclusive package as a gift, which includes a peeling, a day cream and an ice roller - all from our medical line Mesoestetic!

25 min | 169 €



### 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, 18<sup>th</sup> november

**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 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).

**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 08.00 pm, min. 4 persons**

## TUESDAY, 19<sup>th</sup> november

**BIKE TOUR (EASY)** 10.00 am - 02.00 pm with Helmuth to Auer-Branzoll-Bozen-Girlan 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.

**MULLED WINE & SOUTH TYROLEAN SWEETS** from 12.30 pm - 3.00 pm at the Piazzetta

**SOUTH TYROLEAN EVENING** From 7.00 pm our kitchen team will spoil you with South Tyrolean specialties. With products 95%+ from the South Tyrol-Trentino region.

**TORCH HIKE** We meet at the reception at 9.00 pm and walk up to the Römigberg together, accompanied by torches. Duration approx. 1 hour. **Registration at the reception** - min. 4 persons

## WEDNESDAY, 20<sup>th</sup> november



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

**GIN & VODKA** Edelschwarz Alpine Bio Spirits presents Gin & Vodka from 6.30 pm at the hotel bar. Where passion for spirits meets the untouched beauty of the Alps!

## THURSDAY, 21<sup>st</sup> november

**BIKE TOUR (DIFFICULT)** 10.00 am - 01.00 pm with Helmuth to Auer-Neumarkt-Mazzon-Montan and back  
**Registration at the reception**



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

**PANETTONE BACK COURSE** at 2.30 p.m. **Registration at reception by Thursday 8 p.m.** min. 4 - max. 15 participants

**SWEET TREATS, MULLED WINE & BONFIRE** from 4.30 pm at the Piazzetta

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

**MUSICAL EVENING** with live music by INA PROSS.

TIP

## FRIDAY, 22<sup>nd</sup> november

**GUIDED HIKE TO THE HUTS OF ALDEIN** with Josef

- Start at 9.30 am - return ca. 5.00 pm
- Mind. 3 max. 8
- More 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.**

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

## SATURDAY, 23<sup>rd</sup> november

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



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

## SUNDAY, 24<sup>th</sup> november

**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.



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.

**MUSICAL EVENING** with live music by NICO PLATTER.

\*INFO THE MENDELBAHN IS OUT OF SERVICE FROM 11.11-14.12\*



# FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

## MONDAY, 18<sup>th</sup> november

- 8.15am - 9.00am Water gym
- 10.00am - 10.45am Fitness consultation
- 11.00am - 11.45am Strongness with small dumbbells
- 4.+5.+ 6.00 pm Sauna infusion in the Spa Sensea

## TUESDAY, 19<sup>th</sup> november

- 7.45am - 9.00am Yoga  
You start the new day with yoga teacher 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 10 a.m. in the bike garage. Together with Helmuth we pedal to Auer-Branzoll-Bozen-Girlan and back (A HELMET IS OBBLIGATORY- rental at the reception, e-bike for a fee, reservation and **registration at the reception**
- 5.00pm - 5.45pm Bums-tums-legs
- 4.+5.+ 6.00 pm Sauna infusion in the Spa Sensea

## WEDNESDAY, 20<sup>th</sup> november

- 8.15am- 9.00am Water gym
- 10.00am- 10.45am Cardiotraining
- 11.00am - 11.45am Balance with pezziball
- 5.00 pm Sauna infusion in the steam bath with srub
- 4.00 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, 21<sup>st</sup> november

- 8.15am - 9.00am Water gym
- 10.00am - 1.00pm Bike tour (difficult)  
Meeting point at 10 a.m. in the bike garage. Together with Helmuth we pedal to Auer-Neumarkt-Mazzon-Montan and back (A HELMET IS OBBLIGATORY- rental at the reception, e-bike for a fee, reservation and **registration at the reception**
- 5.00pm - 5.45pm Pilates
- 4.+5.+ 6.00 pm Sauna infusion in the Spa Sensea

## FRIDAY, 22<sup>nd</sup> november

- 8.15am - 9.00am Water gym
- 10.00am - 10.45am Fitness consultation
- 11.00am - 11.45am Strongness with theraband
- 4.+5.+ 6.00 pm Sauna infusion in the Spa Sensea

## SATURDAY, 23<sup>rd</sup> november

- 8.15am - 9.00am Water gym
- 5.00 pm Sauna infusion in the steam bath with srub
- 4.00 pm+ 6.00 pm Sauna infusion in the Spa Sensea

## SUNDAY, 24<sup>th</sup> november

- 7.45am - 9.00am Yoga  
You start the new day with yoga teacher Manuela with lots of positive energy and strength.  
**Meeting point at 7.45am at the reception**  
**Registration until saturday 03.00pm.**
- 4.+5.+ 6.00 pm Sauna infusion in the Spa Sensea