

## 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 25<sup>th</sup> 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, 21<sup>st</sup> 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, 22<sup>nd</sup> april

**BIKE TOUR (MEDIUM)** 10.00am- 1.00pm


to Ora-Egna-Cortina-Magré-Termenò

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, 23<sup>rd</sup> 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, 24<sup>th</sup> 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 (DEMANDING)** 10.00am- 2.00pm

Castelvecchio-Zoggler-Termenò-Cortaccia-Magré

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 HANG LOOSE DUO.

## FRIDAY, 25<sup>th</sup> 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, 26<sup>th</sup> 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, 27<sup>th</sup> april

**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 from DANIEL FAZIO.

 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, 21<sup>st</sup> april

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

## TUESDAY, 22<sup>nd</sup> 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 - 1.00pm** Bike Tour (medium)  
to Ora-Egna-Cortina-Magré-Termenò  
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, 23<sup>rd</sup> april

**8.15am- 9.00am** Water gym  
**10.00am - 10.45am** Cardiotraining  
**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, 24<sup>th</sup> april

**8.15am - 9.00am** Water gym  
**10.00am - 2.00pm** Bike Tour (demanding)  
Castelvecchio-Zoggler-Termenò-Cortaccia-Magré  
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, 25<sup>th</sup> april

**8.15am - 9.00am** Water gym  
**10.00am - 10.45am** Fitness consultation  
**11.00am - 11.45am** Balance with pezziball  
**4.00pm +**  
**5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

## SATURDAY, 26<sup>th</sup> 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, 27<sup>th</sup> 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