

GUIDED HIKE TO CAVALESE IN VAL DI FIEMME WITH JOSEF

The town of Cavalese is the administrative center of Val di Fiemme and looks back on centuries of eventful history. Witness to this is the Fiemme self-government, the Magnifica Comunità di Fiemme, which still has extensive forests and mountain pastures today and whose statute was confirmed by the Prince-Bishop of Trento in 1111. Starting from the San Lugano pass, we follow a small valley downhill and then reach a wide meadow plain with beautiful views of the Lagorai mountains and the Latemar and Pala groups. We cross the village of Castello and finally reach Cavalese; after a rest and refreshment stop, we take the bus back to San Lugano.

- START** Friday 25th October 9.30 am
- WALKING TIME** 3,5 hours
- METRES IN ALTITUDE** 300 ascent and descent
- ROUTE** approx. 9 km
- REQUIREMENTS** Easy and unproblematic hike on forest paths, climbs and side roads with little traffic.
- EQUIPMENT** Good footwear, weatherproof clothing, sweater, headgear, filled water bottle, small snack, sun protection, possibly hiking poles.
- EXTRA** Südtirol Guest Pass for the return journey by public bus
- FOOD** various restaurants, cafés and bars in Cavalese, Trentino cuisine.

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 FOR DINNER.

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, 21st october

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 specialties in the farm shop.

- Start at 10.15 am at the reception
- (adults only)

Registration at the reception until sunday 08.00 pm

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).

TUESDAY, 22nd october

BIKE TOUR (EASY) 10.00 am - 01.00 pm with Helmuth to Auer-Branzoll-Bozen-Girlan

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 specialties in the evening.

TÖRGGELE EVENING Our traditional Törggele evening takes place from 7.00 pm. Our kitchen team will spoil you with South Tyrolean delicacies, Suser (new wine) & roasted chestnuts. With products 100% from the South Tyrol-Trentino region.

MUSICAL EVENING with live music by BAR THERAPIE.

WEDNESDAY, 23rd october

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 until tuesday 8.00pm_min. 6 persons



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, 24th october

BIKE TOUR (DIFFICULT) 10.00 am - 02.00 pm with Helmuth to Auer-Neumarkt-Mazzon-Montan-Kalditsch and back

Registration at the reception



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

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

FRIDAY, 25th october

GUIDED HIKE TO CAVALESE

with Josef

- Start at 9.30 am - return ca. 4.00 pm
- Mind. 3 max. 8
- For lunch different restaurants & bars are open
- **Extra:** bring your **Südtirol Guest Pass**
- 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, 26th october

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, 27th october

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 DANIEL FAZIO.

FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

MONDAY, 21st october

- 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

TUESDAY, 22nd october

- 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 - 1.00pm** 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, 23rd october

- 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

THURSDAY, 24th october

- 8.15am - 9.00am** Water gym
- 10.00am - 2.00pm** Bike tour (difficult)
Meeting point at 10 a.m. in the bike garage. Together with Helmuth we pedal to Auer-Neumarkt-Mazzon-Montan-Kalditsch and back
(A HELMET IS OBBLGATORY- 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, 25th october

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

SATURDAY, 26th october

- 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, 27th october

- 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

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