

GUIDED WINTER HIKE TO LAVAZÉ PASS & JOCHGRIMM WITH JOSEF

The Jochgrimm with its small ski area for families and the Lavazè Pass with its extensive network of cross-country ski trails also offer good opportunities for winter hikes. Depending on the snow conditions and weather, we choose a route to one of the inviting Alpine pastures in the area, such as the Auerleger Alm, Lieg Alm or Gurndin Alm.

- START** Friday 03rd January 9.30 am
- WALKING TIME** 3-4 hours
- METRES IN ALTITUDE** 150-250 ascent and descent
- ROUTE** approx. 8-12 km
- REQUIREMENTS** Easy hike on good trails and natural paths, groomed winter paths in snowy conditions
- EQUIPMENT** good waterproof shoes, warm clothing, sweater, filled water bottle, sun protection, hiking poles.
- FOOD** Auerleger Alm, Lieg Alm, Gurndin Alm, Isi hut, good local 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, 30th december

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).

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

TUESDAY, 31st december



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.

NEW YEAR'S EVE GOLD RUSH Start at 6.00 p.m. - 7.00 p.m. Aperitif with fire show and live music.

At 07.00 p.m. for all guests punctually

start New Year's Eve gala dinner after dinner live - music of PENNY LANE at the hotel bar until late 00.00 fireworks

SPECIAL OPENING HOURS

ON DECEMBER 31ST THE RECEPTION CLOSES AT 9.00 P.M. & REOPENS THE 1ST JANUARY AT 9.00 A.M.



WEDNESDAY, 01st january



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

9.00 A.M.- 2.30 P.M. NEW YEAR BRUNCH

THURSDAY, 02nd january



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.

SWEET TREATS, MULLED WINE & BONFIRE

from 4.30 pm at the Piazzetta

FRIDAY, 03rd january

GUIDED WINTER HIKE TO LAVAZÉ PASS & JOCHGRIMM 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 until thursday 8.00 pm



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.

MUSICAL EVENING with live music by POWER JOE.

SATURDAY, 04th january

SKI DAY with ski guide Moritz start at 08.30 a.m.

Registration at the reception until friday 03.00 pm

Level: Advanced

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, 05th january

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.

MONDAY, 06th january

WE WISH ALL OUR GUESTS A SAFE JOURNEY HOME AND THANK YOU FOR YOUR STAY. WE KINDLY ASK YOU TO CHECK OUT WITHIN 11:00 AM.

FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

MONDAY, 30th december

8.15am - 9.00am Water gym

10.00 - 14.00 am Cross-country skiing

Registration at the reception

Equipment rental, directly on Lavazé

4.+5.+ 6.00 pm Sauna infusion in the Spa Sensea

TUESDAY, 31st december

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.

4.+5.00 pm Sauna infusion in the Spa Sensea

WEDNESDAY, 01st january

10.00am- 10.45am Fitness consultation

11.00am - 11.45am Balance with pezziball

5.00 pm Sauna infusion in the steam bath with scrub

4.00 pm+ 6.00 pm Sauna infusion in the Spa Sensea

THURSDAY, 02nd january

8.15am - 9.00am Water gym

10.00 am - 10.45 am Bums-tums-legs

11.00 am - 11.45 am Pilates

4.+5.+ 6.00 pm Sauna infusion in the Spa Sensea

FRIDAY, 03rd january

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

SATURDAY, 04th january

8.15am - 9.00am Water gym

5.00 pm Sauna infusion in the steam bath with scrub

4.00 pm+ 6.00 pm Sauna infusion in the Spa Sensea

SUNDAY, 05th january

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