

GUIDED HIKE TO THE „STOANERNEN MANDLN“ WITH JOSEF

From the hikers' car park at the Putzerhöfe farms, we take the path past the Putzer cross, always alternating between extensive forest plots and alpine meadows, to a wide saddle. From here it's a short walk to our destination, where a huge collection of cairns, known as Stoanerne Mandln, awaits us around the Wetterkreuz; a truly mystical place with a view from the Ortler group to the Dolomites. The way back leads us first down to the Möltner Kaser mountain hut, where we stop for refreshments, and then along a cart track back to the starting point at the hamlet of Putzen.

- START** Friday 17th may 9.00 am return at 5.00pm
- WALKING TIME** 4 hours
- METRES IN ALTITUDE** 650 m ascent and descent
- ROUTE** approx. 13,5 km
- REQUIREMENTS** Easy hike, some fitness and surefootedness required
- EQUIPMENT** Good footwear, clothing suitable for the weather, headgear, provisions, filled water bottle, sun protection, possibly hiking poles
- REFRESHMENT STOP** Putzer Kreuz snack station; Möltner Kaser, good South Tyrolean 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.

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

AGE ELEMENT - BEAUTY IN EVERY AGE

An innovative and exclusive active complex that reverses the effects of gene expression markers and counteracts the signs of aging. Look forward to an activating lifting massage and a surprising result.

80 min | 180 €

PRODUCT OF THE WEEK

ESSENTIAL FULL BODY CREAM

Feuchtigkeitsspendende und nährnde Körpercreme. Vermindert das Auftreten von Dehnungsstreifen und dient auch sehr gut als „Aftersun“.

44 €



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, 13th may

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 DEGUSTATION At 4.30 pm Mr. Moser invites you in the in-house stone cellar where you can taste some of the best wines of South Tyrol and you will hear a lot of things to know about the wine. (In german)

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, 14th may

BIKE TOUR (MEDIUM) 10.00 am- 02.00 pm with Helmuth to Ora-Egna-Magré 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.

SOUTH TYROLEAN EVENING From 7.00 pm our kitchen team will spoil you with South Tyrolean specialities.

WEDNESDAY, 15th may



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

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! min. 4 persons

THURSDAY, 16th may



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

BIKE TOUR (MEDIUM/DIFFICULT)

10.00 am- 02.00 pm with Helmuth to Ora-Montagna-San Lugano and back

Registration at the reception

WINERY AND BREWERY VISIT WITH TASTING At 4.15 pm 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 4.15 pm at the reception
- Max. 22 persons (adults only)

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 by BAR THERAPIE.

FRIDAY, 17th may

GUIDED HIKE

to the „Stoanernen Mandln“ with Josef

- Start at 9.00 am - return ca. 5.00 pm
- Mind. 3 max. 8
- Mor Infos 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.**

BARBECUE From 12.00 with grilled chicken

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

SATURDAY, 18th may

KNEIPP THERAPY in the forest of Castelvecchio con Giuseppe. Start 10.30 am. Return at 12.00 pm.

Registration at the reception until friday 8.00 pm max. 8 min. 3

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, 19th may

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.

MUSICAL EVENING with live music by DANIEL FAZIO.



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.

FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

MONDAY, 13th may

8.15am - 9.00am Water gym

10.00am - 10.45am Cardiotraining

11.00am - 11.45am Workout with dumbbells
4.00pm +

5.00pm + 6.00pm Sauna infusion in the Spa Sensea

TUESDAY, 14th may

7.45am - 9.00am Yoga at the lake

At 7.45 you will go to the LAKE HOUSE.

There you start the day with yoga master 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 2 p.m. in the bicycle garage. Together with Helmuth we pedal to Ora-Egna-Magré and back (HELMET COMPULSORY- rental at the reception, e-bike for a fee, reservation and registration at the reception

5.00pm + 5.45pm Back fit

4.00pm +

5.00pm + 6.00pm Sauna infusion in the Spa Sensea

WEDNESDAY, 15th may

8.15am- 9.00am Water gym

10.00am - 10.45am Fitness consultation

11.00am - 11.45am Workout with pezziball

4.00 pm

5.00 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, 16th may

8.15am - 9.00am Water gym

10.00am - 2.00pm Bike tour (medium/difficult)

Meeting point at 10 a.m. in the bicycle garage. Together with Helmuth we pedal to Ora-Montagna-San Lugano

and back

(HELMET COMPULSORY- rental at the reception, e-bike for a fee, reservation and registration at the reception

5.00pm - 5.45pm Bums-tums-legs

4.00pm +

5.00pm + 6.00pm Sauna infusion in the Spa Sensea

FRIDAY, 17th may

8.15am - 9.00am Water gym

11.00am - 11.45am Pilates

4.00pm +

5.00pm + 6.00pm Sauna infusion in the Spa Sensea

SATURDAY, 18th may

8.15am - 9.00am Water gym

10.30am - 12.00pm Kneipp therapy

Registration until 8.00 pm

Meeting point at the reception

4.00 pm Sauna infusion in the steam bath with scrub

5.00 pm+ 6.00 pm Sauna infusion in the Spa Sensea

SUNDAY, 19th may

7.45am - 9.00am Yoga at the lake

At 7.45 you will go to the LAKE HOUSE.

There you start the day with yoga master Manuela with lots of positive energy and strength.

Meeting point at 7.45am at the reception
Registration until saturday 03.00pm.

4.00pm +

5.00pm + 6.00pm Sauna infusion in the Spa Sensea