

GUIDED SUNRISEHIKE ON THE MENDOLA WITH JOSEF

On the Lavinaspitz (Italian: Monte Lira), approx. 1,650 m, we greet the new day with the rising sun over the Dolomites. We reach the viewpoint from the car park at the golf meadows via the forest path along the ski slope, past the Halbweg hut, and from there to the Lavinaspitz in a short time. The panorama is magnificent: directly beneath our feet lies Lake Kaltern, the Überetsch, the Etschtal and the Bolzano basin; opposite us, to the east, the Dolomites with the Schlern, Rosengarten, Latemar and the Lagorai chain. After the sunrise and a little refreshment with a warm drink, we hike back along the forest path to the golf meadows at the Mendel Pass.

- START** Friday 26th July 3.30 am
- WALKING TIME** 2 - 2,5 hours
- METRES IN ALTITUDE** 300 ascent and descent
- ROUTE** approx. 6 km
- REQUIREMENTS** Easy hike throughout, some surefootedness required
- EQUIPMENT** Good footwear, warm clothing, jumper, hat, head torch or torch, possibly hiking poles.
- REFRESHMENT STOP** Small summit breakfast

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

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, 22nd July

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, 23th July

BIKE TOUR (EASY) 10.00 am - 01.00 pm with Helmuth to Termeno-Cortaccia-Egna 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 specialties

MUSICAL EVENING with live music by BAR THERAPIE.

WEDNESDAY, 24th July

TORCHLIGHT HIKE We meet at reception at 9.00 pm and walk up to the Römigberg together with Mr Moser, accompanied by torches. Duration approx. 1 hour. Please wear trainers.

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

THURSDAY, 25th July

BIKE TOUR (DIFFICULT) 10.00 am - 02.00 pm with Helmuth to Ora-Egna-Montagna-San Lugano-Trodene 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, 26th July

GUIDED SUNRISEHIKE to the mendola with Josef

- Start at 3.30 am - return ca. 7.30 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.

MUSICAL EVENING with live music by HONDMADE.

SATURDAY, 27th July

KNEIPP THERAPY in the forest of Castelvecchio with 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, 28th July

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 MICHAEL ASTER.

FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

MONDAY, 22nd July

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

TUESDAY, 23th July

- 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 - 1.00pm** Bike tour (easy)
Meeting point at 10 a.m. in the bike garage. Together with Helmuth we pedal to Termeno-Cortaccia-Egna 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
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

WEDNESDAY, 24th July

- 8.15am- 9.00am** Water gym
- 10.00am- 10.45am** Cardiotraining
- 11.00am - 11.45am** Balance with Pezziball
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

THURSDAY, 25th July

- 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 Ora-Egna-Montagna-San Lugano-Trodene and back (A HELMET IS OBBLIGATORY- rental at the reception, e-bike for a fee, reservation and **registration at the reception**)
- 5.00pm - 6.00pm** Ping Pong tournament
Registration at the reception
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

FRIDAY, 26th July

- 8.15am - 9.00am** Water gym
- 10.00am - 12.00am** Stand up paddle @ Lake House
Registration at the reception
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

SATURDAY, 27th July

- 8.15am - 9.00am** Water gym
- 10.30am - 12.00pm** Kneipp therapy
Registration until friday 8.00 pm
Meeting point at the reception
- 5.00pm + 6.00pm** Sauna infusion in the Spa Sensea

SUNDAY, 28th July

- 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.
- 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