

GUIDED HIKE TO THE SALTEN WITH JOSEF

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 autumn, the larches turn golden yellow and the sun casts its warming rays onto the open meadows. We start our hike in the mountain village of Mölten/Jenesien at approx. 1,200 m, first hiking uphill through the forest to the Gschnofer Stall snack station with a possible first refreshment stop; then on 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/Jenesien via farm tracks. In Mölten we can visit the Arunda sparkling wine cellar; it is 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 29th november 9.00 am
- WALKING TIME** 3,5 hours
- METRES IN ALTITUDE** 350 ascent and descent
- ROUTE** approx. 11 km
- REQUIREMENTS** Easy and problem-free hike on forest paths and good climbs
- EQUIPMENT** Good footwear, weatherproof clothing, sweater, headgear, filled water bottle, small snack, sun protection, possibly hiking poles.
- FOOD** Jausenstation Gschnofer Stall, Gasthof Langfenn

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, 25th november

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).

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 08.00 pm, min. 4 persons

TUESDAY, 26th november

BIKE TOUR (EASY) 10.00 am - 02.00 pm with Helmuth to Auer-Neumarkt-Kurtatsch-Tramin 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.

MULLED WINE & SOUTH TYROLEAN SWEETS from 12.30 pm - 3.00 pm at the Piazzetta

SOUTH TYROLEAN EVENING From 7.00 pm our kitchen team will spoil you with South Tyrolean specialties. With products 95%+ from the South Tyrol-Trentino region.

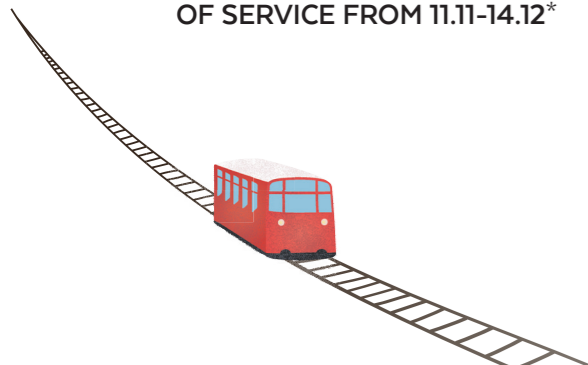
TORCH HIKE We meet at the reception at 9.00 pm and walk up to the Römigberg together, accompanied by torches. Duration approx. 1 hour. **Registration at the reception** - min. 4 persons

WEDNESDAY, 27th november



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

INFO THE MENDELBAHN IS OUT OF SERVICE FROM 11.11-14.12



THURSDAY, 28th november

BIKE TOUR (DIFFICULT) 10.00 am - 01.00 pm with Helmuth to Altenburg-Tramin-Kurtatsch and back **Registration at the reception**



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

SWEET TREATS, MULLED WINE & BONFIRE from 4.30 pm at the Piazzetta

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

MUSICAL EVENING with live music by TRACY MERANO.

FRIDAY, 29th november

GUIDED HIKE TO THE SALTEN with Josef

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

PANETTONE BACK COURSE at 2.30 p.m. **Registration at reception by Thursday 8 p.m.** min. 4 - max. 15 participants

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



SATURDAY, 30th november

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.

ADVENT MARKET with local producers & mulled wine from 08.30 pm on the Piazzetta.

SUNDAY, 01st december

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 NICO PLATTER.

FITNESSPROGRAM



MANUELA



HELMUTH



MARTIN

MONDAY, 25th november

- 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, 26th november

- 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 - 2.00pm** Bike tour (easy)
Meeting point at 10 a.m. in the bike garage. Together with Helmuth we pedal to Auer-Neumarkt-Kurtatsch-Tramin 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** Circle training
- 4.+5.+ 6.00 pm** Sauna infusion in the Spa Sensea

WEDNESDAY, 27th november

- 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

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

THURSDAY, 28th november

- 8.15am - 9.00am** Water gym
- 10.00am - 1.00pm** Bike tour (difficult)
Meeting point at 10 a.m. in the bike garage. Together with Helmuth we pedal to Altenburg-Tramin-Kurtatsch 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** Bums-tums-legs
- 4.+5.+ 6.00 pm** Sauna infusion in the Spa Sensea

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- 10.00am - 10.45am** Fitness consultation
- 11.00am - 11.45am** Strongness with theraband
- 4.+5.+ 6.00 pm** Sauna infusion in the Spa Sensea

SATURDAY, 30th november

- 8.15am - 9.00am** Water gym
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- 4.00 pm+ 6.00 pm** Sauna infusion in the Spa Sensea

SUNDAY, 01st 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 saturday 03.00pm.
- 4.+5.+ 6.00 pm** Sauna infusion in the Spa Sensea