

GUIDED HIKE TO THE HUTS OF ALDEIN WITH JOSEF

From the Schmiederalm at 1,680 m, our starting point, we have a magnificent panoramic view of the South Tyrolean mountains. We hike through forest and larch meadows to the Lahner Alm and on to the edge of the Bletterbach Gorge (Dolomites UNESCO World Heritage Site); a look into this geologically highly interesting gorge allows us to trace the history of the earth as if in an open book. The trail continues to the Schönrast Alm (where you can stop for refreshments) and back to the Schmieder Alm.

- START** Friday 01st november 9.30 am
- WALKING TIME** 3 hours
- METRES IN ALTITUDE** 200 ascent and descent
- ROUTE** approx. 7.5 km
- REQUIREMENTS** Easy hike throughout on good climbs and natural paths
- EQUIPMENT** Good footwear, weatherproof clothing, sweater, headgear, filled water bottle, small snack, sun protection, possibly hiking poles.
- FOOD** Lahner-Alm, Schönrast-Alm, Schmiederalm, good South Tyrolean cuisine everywhere

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, 28th 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, 29th october

BIKE TOUR (EASY) 10.00 am - 02.00 pm with Helmuth to the lakes of Montiggl

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, 30th 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.**



PUMPKIN CARVING FOR YOUNG & OLD at 3:00 p.m.
Registration & meeting point at the reception

THURSDAY, 31st october

BIKE TOUR (DIFFICULT) 10.00 am - 01.00 pm with Helmuth to Altenburg-Zöggler Wiesn-Tramin-Kurtatsch 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, 01st november

GUIDED HIKE TO THE HUTS OF ALDEIN with Josef

- Start at 9.30 am - return ca. 4.00 pm
- Mind. 3 max. 8
- For lunch different huts are open
- 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, 02nd november

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, 03rd november

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, 28th 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, 29th 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 - 2.00pm Bike tour (easy)
Meeting point at 10 a.m. in the bike garage. Together with Helmuth we pedal to the lakes of Montiggl (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, 30th 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 scrub
- 4.00 pm+ 6.00 pm Sauna infusion in the Spa Sensea

THURSDAY, 31st october

- 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-Zöggler Wiesn-Tramin-Kurtatsch 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

FRIDAY, 01st november

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

SATURDAY, 02nd november

- 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, 03rd 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 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