

Dolomites with Schlern, Rosengarten, Latemar, and the Lagorai range. After sunrise, we hike back to the starting point at Mendelpass via a forest trail.



Meeting point: 03:00 AM at the reception
 Total hiking time: approximately 2 - 2.5 hours
 Elevation gain: 300 meters
 Total distance: approximately 6 km
 Easy hike, requires some surefootedness.
 Equipment: Good hiking boots, warm clothing, possibly a change of T-shirt, sweater, hat, possibly hiking poles.
 Food: Small summit breakfast
 Return: around 9 AM

Saturday, 27.07.

- 08:15: ***Yoga with Magdalena**
 Meeting point: movement room at the 3rd floor
 Duration: approx. 60 min.
- 08:30: **Aquafitness**
 We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- 11:00: **Stretch and Relax**
 in the movement room, duration: approx. 50 min.
- 16:00: **Peeling in the steam sauna**
- 17:00: **Relaxing infusion in the Finnish sauna with the essential oils Swiss stone pine, lavender and lemon**
- 18:00: **Forest infusion in the Finnish sauna with the essential oils mountain pine, Swiss stone pine and spruce**

*We ask for registration by 7:00 pm the day before.
 We charge €12 per course for participation in our yoga courses.
 Changes possible due to weather conditions
 For the hikings:
 Equipment needed: Backpack, hiking or hiking boots, rain gear, sunscreen, gloves and hat, possibly hiking poles. Travelling to the hike with our electric cars.
 Food, drinks and cable car rides are paid for by the participants themselves.
 Registration required



ACTIVE PROGRAM SUMMIT WEEK 22.07.- 28.07.2024

THE GARDEN OF FLAVOR

Breakfast	from 7.30 AM to 10.30 PM
Light lunch	from 13.00 PM to 14.45 PM
Sweet buffet	from 15.00 PM to 17.00 PM
Dinner	from 18.30 PM to 20.30 PM

Monday, 22.07.

08:15: *Yoga with Anna
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min.

08:30: *Summit hike to Gantkofel (1,866m)



We will take the hotel bus to Campenpass (1,518m) and continue to a small parking lot in the forest. After approximately 45 minutes of moderate ascent, we will reach the beautiful Felixer Weiher (1,604m). From there, we will descend into a deep saddle and then ascend again. Around 1 hour and 45 minutes from the lake, we will reach the summit of the scenic Gantkofel.

Meeting point: 08:30 AM at the reception

Total hiking time: approximately 4 hours and 30 minutes

Elevation gain: 730m up and down

Total distance: approximately 14 km

Moderate hike. Good basic fitness required. Well-maintained trails; no special skills necessary.

Return around 5 PM

Food: Lunch pack from the hotel

(no dining options available along the route)

18:30: Welcome aperitif with mister Theiner at the bar

Tuesday, 23.07.

08:30: Aquafitness

We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.

11:00: Stretch and Relax

in the movement room, duration: approx. 50 min.

16:00: Peeling in the steam sauna

17:00: Relaxing infusion in the Finnish sauna
with the essential oils Swiss stone pine, lavender and lemon

18:00: Forest infusion in the Finnish sauna
with the essential oils mountain pine, Swiss stone pine and spruce

Wednesday, 24.07

08:15: *Yoga with Anna
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min.

08:30: *Summit hike to Mutspitze (2,291m)

We will take the hotel bus to Dorf Tirol (650m). From there, we will ride the cable car to Hochmut (1,400m), where our hike begins. We will first ascend to the mountain restaurant Mutkopf



(1,684m) and then continue to Mutspitze. The summit offers a magnificent view over the Merano region, the nearby Texel Group mountains, the Passeier Valley, the Adige Valley, and the Vinschgau Valley.

Meeting point: 08:30 AM at the reception

Total hiking time: approximately 4 hours

Elevation gain: 891m up and 891m down

Total distance: approximately 8 km

Moderate hike. Good basic fitness required. Well-maintained trails; no special skills necessary.

Lunch stop: Gasthaus Mutkopf

Return: around 4 PM

Thursday, 25.07.

08:15: *Yoga with Magdalena

Meeting point: movement room at the 3rd floor

Duration: approx. 60 min.

from 19:30: Dessert live cooking at the bar with live music

Friday, 26.07.

03:00: *Sunrise hike to Lavinaspitz

At Lavinaspitz, approximately 1,650m, we welcome the new day with the rising sun over the Dolomites. We reach the viewpoint from the parking lot near the Golfwiesen via the forest path along the ski slope, passing the Halbweg-Hütte, and shortly thereafter, reaching Lavinaspitz. The panorama is breathtaking: directly below us lies Lake Caldaro, Überetsch, the Adige Valley, and the basin of Bolzano; opposite us to the east are the