

20.04.2024 - 26.04.2024

Mountain bike weeks with 315 days of sunshine

E-bike days "Land & People" for pleasure cyclists in the Merano region

Adventure weeks in the nature park

Ötzi Bike Cross Country and Trail Week

Sat, 20.04.2024

Culinary	07:30 - 11:00 Sweet temptation We welcome you this morning to the special breakfast sweet temptation!	13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking	19:00 - 20:30 Gourmet dinner with Mediterranean antipasti buffet A typical Italian antipasti buffet!	
Event region	08:00 - 13:00 "Jörgi" Market at Naturno at the main square and the Town hall street.	08:00 - 13:00 Weekly market in Naturno at the main square of Naturno	10:00 - 18:00 Gardenflair Algund Church Square Algund. Discover the Mediterranean paradise of garden and culinary delights!	
Biking	10:00 - 15:00 E-Mountainbike tour of the Marlinger Berg Km: about 42km Mm: about 1200m Costs: 25€ Registration at the reception.			
Wellness & SPA	16:00 Relax Aufguss in the show sauna on the 3rd floor with 85°C.	17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.	17:30 Marble Scrub Scrub in the steam sauna on the ground floor at 45°C.	18:00 Diego, the caretaker Show Aufguss in the show sauna on the 3rd floor at 85°C.

Sun, 21.04.2024

Event hotel	<p>10:05 DolceVita-Experience Excursion to the award-winning gardens of Trauttmansdorff Castle Meeting point: Reception Price: €30 shuttle + €16 entrance fee (+65 years €14) Registration at the reception</p> <p>21:00 - 23:00 Live music with Melanie & Albert at the bar</p>		
Culinary	<p>07:30 - 16:00 Exclusive Sunday brunch We welcome you this morning for an exclusive Sunday brunch!</p>	<p>17:00 Wine tasting with our sommelier Francesco Meeting place: at 5 p.m. in the wine cellar Registration at the reception</p>	<p>19:00 - 20:30 Fine Dining Gala Dinner</p>
Event region	<p>10:00 - 18:00 Gardenflair Algund Church Square Algund. Discover the Mediterranean paradise of garden and culinary delights!</p>		
Wellness & SPA	<p>16:00 Herbal Scrub Scrub in the steam sauna on the ground floor at 45°C.</p>	<p>17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>18:00 Vikings in the show sauna at 85° on the 3rd floor.</p>
Fitness	<p>09:00 - 11:00 Active counter Advice from our fitness coaches at the reception</p>	<p>11:15 - 12:00 Yoga Flow Fitness Meeting Point, in front of the gym</p>	<p>12:45 - 13:45 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym</p> <p>14:00 - 14:45 EnerChiStretching Meeting point: Fitness Meeting Point, in front of the gym</p>

Mon, 22.04.2024

Culinary	<p>07:30 - 11:00 Exotic fruit parade The fresh, fruity start to the day</p>	<p>13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking</p>	<p>17:00 Wine tasting with our sommelier Francesco Meeting place: at 5 p.m. in the wine cellar Registration at the reception</p>	<p>19:00 - 20:30 Gourmet dinner</p>
Hiking	<p>10:00 Hike high above Parcines with the hiking guide Philipp hm: 350 Pure walking time: 3 h. Registration at the reception.</p>			
Event region	<p>16:20 Bikeshuttle S. Martino/Val Passiria - Naturno Costs: 22,00€ per person Registration at the reception. Meeting point: at 16:20 p.m. Tennis Camp San Martino val Passiria</p>	<p>16:30 Bikeshuttle from the Lake Caldaro to Naturno Costs: 22,00 € Registration at the reception. Meeting point: 4:30 p.m. Bus Parking/St. Josef - Lake Caldaro</p>		
Biking	<p>10:00 - 14:00 Technique Training Basic Course Km: about 15km Hm: about 200m costs: 25,00 € Registration at the reception.</p>	<p>10:00 - 14:00 Pleasure bike tour: All apples and the paths of the ancient Romans km: approx. 35. hm: approx. 280 Price: 10,00 € Registration at the reception</p>	<p>10:00 - 15:00 E-Mountainbike Trailtour on both sides of the valley Km: about 35km Mm: about 1200m Costs: 25,00€ Registration at the reception.</p>	<p>15:00 - 17:00 Open Monday afternoon at the technique training area with bike informations about tours and the weekly programm No registration needed!</p>
Wellness & SPA	<p>13:00 Know more about Ayurveda Including Pada Abhyanga, an Ayurvedic foot massage. Meeting point: PreidlSpa reception Duration: 15 minutes - Free of charge Limited availability! Registration at the spa reception until 12.00 p.m.</p> <p>18:00 Oldies Forever Show Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>14:00 "SEMI-PERMANENT COSMETICS" info meeting Meeting place: Library No registration required</p>	<p>17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>17:30 Citrus Scrub Scrub in the steam sauna on the ground floor with 45°C.</p>
Fitness	<p>08:00 - 08:45 AquaGym Meeting point: Fitness Meeting Point, in front of the gym</p> <p>14:00 - 14:45 Gentle Stretching Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>09:00 - 11:00 Active counter Advice from our fitness coaches at the reception</p> <p>15:00 - 15:30 BodyBalance Meeting point: Fitness Meeting Point, in front of the fitness room</p>	<p>11:15 - 12:00 Full Body Workout Meeting point: Fitness Meeting Point, in front of the gym</p> <p>15:45 - 16:30 Fascia Release Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>12:45 - 13:45 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym</p>

Tue, 23.04.2024

Event hotel	18:00 - 19:00 Cocktail Happy Hour "2 for 1" for selected cocktails at the hotel bar	19:00 Picture exhibition with the artist Peter Hiegelsperger in front of the restaurant entrance.	21:00 - 23:00 Music with DJ Rizz at the bar		
Culinary	07:30 - 11:00 Bella Italia The Italian Breakfast	13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking	19:00 - 20:30 South Tyrol Love Dinner with local dishes		
Hiking	10:00 Circular hike to the "Moaralm" with hiking guide Martin Altitude difference: 420m Walking time: 4h Registration at the reception necessary.				
Event region	09:00 Bikeshuttle from Naturno to Glorenza or Curon, Lake Reschen Costs: to Glorenza 17,00€ / to Curon 22,00€ Meeting point: at 9:00 a.m. at the underground car park exit Registration at the reception.				
Biking	10:00 - 14:00 Advanced Mountainbike Technique Training Course Km: about 20km Hm: about 300m Costs: 25€ Registration at the reception!	10:00 - 15:30 E-Mountainbike Tour: the Monte Sole Venosta panoramic road km: about 45km HM: about 700m-1200m Costs: 25€ tour + 15€ bikeshuttle Registration at the reception desk	10:15 DolceVita e-bike pleasure tour from Merano to Rametz Castle Meeting point: 10.15 a.m. at the garage exit KM: approx. 45 Meters in altitude: approx. 600. Costs: 27€. Registration at the reception.		
11:00 - 14:00 Road Bike Tour - Highlight Vinschgau Km: about 57km Hm: about 450m Costs: 25,00 € Registration at the reception.	Wellness & SPA	15:00 Mini Hamam In the steam sauna on the first floor at 45° C. Registration on tuesday from 9am to 1pm at the entrance of the sauna tower.	16:00 Relax Aufguss in the show sauna on the 3rd floor with 85°C.	17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.	18:00 Wild West Show Aufguss in the show sauna at 85° on the 3rd floor.
Fitness	09:00 - 11:00 Active counter Advice from our fitness coaches at the reception	11:15 - 12:00 AquaGym Meeting point: Fitness Meeting Point, in front of the gym	12:30 - 13:30 Kundalini Yoga Meeting point: Fitness Meeting Point, in front of the gym	12:45 - 13:15 Mobility Snack Meeting point: Fitness Meeting Point, in front of the gym	
	13:30 - 14:15 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym	13:45 - 14:45 Hatha yoga Meeting point: Fitness Meeting Point, in front of the gym	14:30 - 15:30 LatinoFit Meeting point: Fitness Meeting Point, in front of the gym		

Wed, 24.04.2024

Event hotel	<p>10:00 DolceVita excursion: Wine & apple tour Meeting point: Reception at 10.00 a.m. Registration until Tuesday at 21.45 p.m. Price: €24</p>			
Culinary	<p>07:30 - 11:00 Sparkling wine & fine salmon The breakfast for gourmets</p>	<p>13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking</p>	<p>19:00 - 20:30 Gourmet dinner</p>	
Event region	<p>10:00 Hiking- and Bikesuttle Naturno - parking lot Kreuzbrünnl (Outward Journey) Registration at the reception. Costs per ride: 12€ without bike / 16€ with bike Meeting point: 10:00 a.m. parking lot in the center of naturno</p>	<p>16:00 Shuttle parking lot Kreuzbrünnl - Naturno (return journey) Registration at the reception! Costs: 12€ without bike / 16€ with bike Meeting point: 04:00 p.m. parking lot Kreuzbrünnl/Nörderberg mountain</p>	<p>16:30 Bikesuttle from the Lake Caldaro to Naturno Costs: 22,00 € Registration at the reception. Meeting point: 4:30 p.m. Bus Parking/St. Josef - Lake Caldaro</p>	
Biking	<p>09:30 - 15:00 Mountainbike Panoramic Trailtour on the Monte Sole Km: about 43km Hm: about 1000m Costs: €25 Registration at the reception.</p>	<p>10:00 - 14:00 Technique Training Basic Course Km: about 15km Hm: about 200m costs: 25,00 € Registration at the reception.</p>	<p>10:00 - 15:00 E-Mountainbike tour: The Monte Sole of Lower Val Venosta km:about 44km HM: about 1000m Costs: 25€ Registration at the reception desk</p>	
Wellness & SPA	<p>16:00 Relax Aufguss in the show sauna on the 3rd floor with 85°C.</p>	<p>17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>17:30 Tea Experience Scrub in the steam sauna on the ground floor with 45°C.</p>	<p>18:00 Around the World Show Aufguss in the show sauna at 85° on the 3rd floor.</p>
Fitness	<p>08:00 - 08:45 Sound Healing Meeting point: Fitness Meeting Point, in front of the gym</p> <p>13:30 - 14:15 TRX Workout Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>09:00 - 11:00 Active counter Advice from our fitness coaches at the reception</p> <p>14:30 - 15:15 Fascia Release Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>11:15 - 11:45 Dragon Flow Meeting point: Fitness Meeting Point, in front of the fitness room</p> <p>14:30 - 15:30 Barre au sol Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>12:00 - 13:00 Yin Yoga Meeting point: Fitness Meeting Point, in front of the gym</p> <p>15:30 - 16:30 Full Body Workout Meeting point: Fitness Meeting Point, in front of the gym</p>

Thu, 25.04.2024

Event hotel	18:45 Exhibition: Bags of all kinds In the foyer of the dining room!	21:00 - 23:00 Dance Night with Josef at the hotel bar with our dance instructor Josef		
Culinary	07:30 - 11:00 Breakfast Fit & healthy The vitality breakfast	13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking	19:00 - 20:30 Sweet sins & seduction Olala! Dessert buffet de luxe	
Hiking	10:00 In the heart of the Texel Nature Park: from the Hochforchhof farm (1555 m) to the Unterstellhof farm (1300 m) with hiking guide Michl Hm: 410 Pure walking time: approx. 3 1/4 h Registration at the reception.			
Event region	08:00 - 12:30 Weekly market in Silandro Traditional weekly market in the village centre of Silandro with regional products, clothing, fruit, vegetables, etc.	15:30 Guided Visit to the Winery Falkenstein Meeting point: at 3.30 pm at the winery Falkenstein Price: 18€ Registration at the reception.		
Biking	10:00 - 14:00 E-Mountainbike Technical training for advanced Km: about 25km Hm: about 600m Costs: 25€ Registration at the reception!	10:00 - 16:00 Pleasure E-bike tour to the Lake of Caldaro - "The Most Beautiful Wine Villages of South Tyrol" km: about 46km hm: about 450m Price: 10€ tour + 15€ bikeshuttle Registration at the reception.	11:00 - 14:00 Road Bike Tour - Highlight Merano and surroundings Km: about 65km Hm: about 500m Costs: 25,00 € Registration at the reception.	
Wellness & SPA	16:00 Relax Aufguss in the show sauna on the 3rd floor with 85°C.	17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.	18:00 Healing Ritual Team show Aufguss in the show sauna on the 3rd floor at 85°C.	
Fitness	09:00 - 11:00 Active counter Advice from our fitness coaches at the reception	11:15 - 12:00 AquaGym Meeting point: Fitness Meeting Point, in front of the gym	12:45 - 13:30 Gentle Stretching Meeting point: Fitness Meeting Point, in front of the gym	13:45 - 14:45 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym
	14:00 - 15:00 LatinoFit Meeting point: Fitness Meeting Point, in front of the gym	15:00 - 15:30 BodyBalance Meeting point: Fitness Meeting Point, in front of the fitness room	15:15 - 16:15 Healthy Back Meeting Point: Fitness Meeting Point, in front of the gym	

Fri, 26.04.2024

Event hotel	<p>21:00 Jewellery exhibition "Aurea Goldschmiede" with handmade jewellery from their own workshop! In front of the restaurant entrance.</p>			
Culinary	<p>07:30 - 11:00 South Tyrolean & regional The South Tyrolean breakfast</p>	<p>13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking</p>	<p>19:00 - 20:30 Gourmet dinner</p>	
Hiking	<p>04:30 The Merano High Mountain Trail in the Texelgruppe Nature Park with hiking guide Reinald Altitude difference: 180 Pure walking time: 1.20 h Registration at the reception!</p>			
Event region	<p>08:00 - 13:00 Weekly market in Merano At the Prader square, next to the train station of Merano.</p>	<p>16:00 Bikeshuttle from Merano to Naturno Meeting point: 4 p.m. at the bus parking lot, Piazza Terme Merano, Via Piave Costs: €12 Registration at the reception.</p>		
Biking	<p>09:30 - 16:00 Mountainbike-tour: "Burggrafen" Trails Km: 28km Hm: 800m Costs: 25€ tour + 15€ bikeshuttle Registration at the reception.</p>	<p>09:30 - 16:00 E-mountainbike tour: Burggraves Trails Panorama Km: ca. 35km Hm: ca. 900m Costs: 25€ tour+ 15€ Bikeshuttle Registration at the reception.</p>		
Wellness & SPA	<p>16:00 Relax Aufguss in the show sauna on the 3rd floor with 85°C.</p> <p>22:00 Sandmann Aufguss in the show sauna on the 3rd floor with 85° C.</p>	<p>17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>17:30 Apple Scrub Scrub in the steam sauna on the ground floor at 45°C.</p>	<p>18:00 Latino Show Aufguss in the show sauna at 85°C on the 3rd floor.</p>
Fitness	<p>08:00 - 08:45 Sound Healing Meeting point: Fitness Meeting Point, in front of the gym</p> <p>14:00 - 15:00 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>09:00 - 11:00 Active counter Advice from our fitness coaches at the reception</p> <p>15:15 - 16:15 Yin Yoga Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>11:15 - 12:15 Hatha yoga Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>13:00 - 13:45 ShoulderFree Meeting point: Fitness Meeting Point, in front of the fitness room.</p>