

26.04.2025 - 02.05.2025

Hiking at the irrigation channels

Join us dancing in May

Sat, 26.04.2025

Culinary	<div>07:30 - 11:00</div> <div>Sweet temptation</div> <div>We welcome you this morning to the special breakfast sweet temptation!</div>	<div>13:00 - 16:00</div> <div>Vitality Buffet</div> <div>with Live-Show Cooking</div>	<div>19:00 - 20:30</div> <div>Gourmet dinner with Mediterranean antipasti buffet</div> <div>A typical Italian anitpasti buffet!</div>	<div>22:00 - 22:30</div> <div>Wine sales</div> <div>At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: "social winery in Südtirol".</div>
Event region	<div>07:30 - 12:30</div> <div>Farmer's market in Lana</div> <div>at the Angerweg car park in Mitterlana</div>	<div>08:00 - 13:00</div> <div>Weekly market in Naturno</div> <div>at the main square of Naturno</div>	<div>10:00 - 19:00</div> <div>Merano Flower Festival</div> <div>Flower stalls & imposing plant figures, exhibition & markets. On the Thermenplatz and in the centre of Merano.</div>	
Biking	<div>10:00 - 15:30</div> <div>Panorama e-mountain bike tour</div> <div>Tirol - Hochmut</div> <div>km: ca. 47</div> <div>Altitude difference: ca. 1300</div> <div>Cost: 25€</div> <div>Registration at the reception</div>			
Wellness & SPA	<div>15:00</div> <div>Warm up</div> <div>Aufguss in the wine sauna on the ground floor with 70°C.</div>	<div>16:00</div> <div>Relax - Aufguss</div> <div>Aufguss in the show sauna on the 3rd floor with 85°C.</div>	<div>17:00</div> <div>Classic - Aufguss</div> <div>Aufguss in the show sauna on the 3rd floor at 85°C.</div>	<div>18:00</div> <div>Mystery of time</div> <div>Show Aufguss in the show sauna at 85° on the 3rd floor.</div>

Sun, 27.04.2025

Event hotel	<div><div>10:05 DolceVita-Experience Excursion to the award-winning gardens of Trauttmansdorff Castle Meeting point: Reception Price: €30 shuttle + €17 entrance fee (+65 years €15) Registration at the reception</div><div>21:00 - 23:00 Piano music at the hotel bar</div></div>			
Culinary	<div><div>07:30 - 16:00 Exclusive Sunday brunch We welcome you this morning for an exclusive Sunday brunch!</div><div>13:00 - 16:00 Vitality Buffet with Live-Show Cooking</div><div>19:00 - 20:30 Gourmet dinner</div><div>22:00 - 22:30 Wine sales: "organic wines by Alois Lageder" At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: "organic wines by Alois Lageder".</div></div>			
Event region	<div><div>10:00 - 19:00 Merano Flower Festival Flower stalls & imposing plant figures, exhibition & markets. On the Thermenplatz and in the centre of Merano.</div><div>10:45 Sunday concert of the Dorf Tirol music band On the "Festplatz" square (in case of rain in the Vereinshaus)</div><div>14:00 - 18:00 Horse racing in Merano At the racecourse in Merano. Cost: 4,00 € adults reduced over 65 9,00 € adults normal</div></div>			
Wellness & SPA	<div><div>15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C.</div><div>16:00 Classic - Aufguss Aufguss in the show sauna on the 3rd floor at 85°C.</div><div>17:00 Herbal Scrub Scrub in the steam sauna on the ground floor at 45°C.</div><div>18:00 Notte Italiana Show Aufguss in the show sauna on the 3rd floor at 85°C.</div></div>			
Fitness	<div><div>08:00 - 08:45 Mobility Snack Meeting point: Fitness Meeting Point, in front of the gym</div><div>09:00 - 11:00 Active counter Advice from our fitness coaches at the reception</div><div>11:15 - 12:00 AquaGym Meeting point: Fitness Meeting Point, in front of the gym</div><div>12:45 - 13:30 Gentle Stretching Meeting point: Fitness Meeting Point, in front of the gym</div><div>13:45 - 14:30 Full Body Workout Meeting point: Fitness Meeting Point, in front of the gym</div></div>			

Mon, 28.04.2025

Event hotel	19:00 Jewellery exhibition "komma5" in front of the restaurant entrance. Jewellery by Mrs. Martina Schweitzer			
Culinary	07:30 - 11:00 Exotic fruit parade The fresh, fruity start to the day	13:00 - 16:00 Vitality Buffet with Live-Show Cooking	19:00 - 20:30 Gourmet dinner	22:00 - 22:30 Wine sales At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: "history of Gewürztraminer".
Hiking	10:00 Hiking tour at the Partschinser Waalweg trail and Zielbach Loop with hiking guide Stefanie Altitude difference: ca. 450m Hiking time: 3,5h Registration at the reception!			
Event region	16:30 Bikeshuttle from the Lake Caldaro to Naturno Costs: 24,00 € Registration at the reception. Meeting point: 4:30 p.m. Bus Parking/St. Josef - Lake Caldaro			
Biking	10:00 - 13:00 Technique Training Basic Course for Mountainbikes & E-Mountainbikse Km: about 15km Hm: about 200m costs: 25,00 € Registration at the reception.	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.	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	15:00 - 17:00 Open Monday afternoon at the technique training area with bike informations about tours and the weekly programm No registration needed!
Wellness & SPA	14:00 Sound Immersion Immerse yourself in a world of sounds and vibrations. Meeting point: PreidlSpa reception Registration at the spa reception until 13am - Free of charge	14:00 "SEMI-PERMANENT COSMETICS" info meeting Meeting place: Library Registration until 12 noon at the spa reception	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C.	16:00 Smoke Ritual Smoke ritual in the show sauna with 85°C on the 3rd floor.
	17:00 Classic - Aufguss Aufguss in the show sauna on the 3rd floor at 85°C.	17:30 Cacao Scrub Scrub in the steam sauna on the ground floor at 45°C.	18:00 Braveheart 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	12:45 - 13:30 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym	13:45 - 14:15 BodyBalance Meeting point: Fitness Meeting Point, in front of the fitness room

Tue, 29.04.2025

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 Live music with "die Hallers" at the bar	
Culinary	07:30 - 11:00 Bella Italia The Italian Breakfast	13:00 - 16:00 Vitality Buffet with Live-Show Cooking	19:00 - 20:30 Gourmetdinner: Classic dishes from South Tyrol with local dishes	22:00 - 22:30 Wine sales At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: "the clima in Südtirol".
Hiking	10:00 Hiking along the old irrigation channel system of Ciardes & Stava with hiking guide Martin. Hm: 330 Pure walking time: 3h Registration at the reception desk.			
Event region	07:30 - 13:30 Farmermarket in Lana at the Rathaus square in Lana.	08:00 - 13:00 Little weekly market in Meran At the Prader square, next to the train station of Meran	09:00 Bikeshuttle from Naturno to Glorenza or Curon, Lake Reschen Costs: to Glorenza 18,00€ / to Curon 24,00€ 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 - 15:00 E-Mountainbike Tour: the Monte Sole Venosta panoramic road km: about 45km HM: about 900m Costs: 25€ tour + 15€ bikeshuttle Registration at the reception desk	10:15 DolceVita e-bike pleasure tour- the city of Merano Meeting point: 10.15 a.m. at the garage exit KM: approx. 45 Meters in altitude: approx. 400. Costs: 27€. Registration at the reception.	11:00 - 14:00 Road Bike Tour - Highlights in the Val Venosta Km: about 57km Hm: about 450m Costs: 25,00 € Registration at the reception.
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C. 18:00 Japan Show Aufguss in the show sauna at 85° on the 3rd floor.	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 Classic - Aufguss Aufguss in the show sauna on the 3rd floor at 85°C.	17:00 Relax Ritual Aufguss in the show sauna on the 3rd floor with 85°C.
Fitness	09:00 - 11:00 Active counter Advice from our fitness coaches at the reception 14:30 - 15:15 Yoga Flow Meeting point: Fitness Meeting Point, in front of the fitness room	11:15 - 13:00 Nordic Walking - Sun Mountain Meeting point: Fitness Meeting Point, in front of the gym 15:30 - 16:30 Yin Yoga Meeting point: Fitness Meeting Point, in front of the gym	13:15 - 14:15 Kundalini Yoga Meeting point: Fitness Meeting Point, in front of the gym	13:45 - 14:15 Sixpack training Meeting point: Fitness Meeting Point, in front of the gym

Wed, 30.04.2025

Culinary	07:30 - 11:00 Sparkling wine & fine salmon The breakfast for gourmets	13:00 - 16:00 Vitality Buffet with Live-Show Cooking	19:00 - 20:30 Gourmet dinner
Biking	09:30 - 15:00 E-mountain bike tour: Marmots and glacier views km: about 25km hm: about 1100m Price: 25€ tour + 10€ bikeshuttle Registration at the reception.	09:30 - 15:30 MTB "Naturner Sonnenberg" Special Kilometre:ca. 24 Altitude difference: ca. 1000m Cost: 25€ + 10€ Bikeshuttle Registration at the reception.	10:00 - 13:00 Technique Training Basic Course for Mountainbikes & E-Mountainbike Km: about 15km Hm: about 200m costs: 25,00 € Registration at the reception.
Wellness & SPA	11:00 Touch of Nature - Pirts Group Ritual Meeting point: Sunset Sauna (Rooftop SPA-Sauna Tower) Registration until Tuesday 19:30 at the spa reception Attention limited availability! Cost: 35€ p.p	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C.	16:00 Classic - Aufguss Aufguss in the show sauna on the 3rd floor at 85°C.
	17:30 Power of Nature Scrub in the steam sauna on the ground floor with 45°C.	18:00 4 Elements Show Aufguss in the show sauna on the 3rd floor at 85°C.	17:00 Relax - Aufguss Aufguss in the show sauna on the 3rd floor with 85°C.
Fitness	08:00 - 08:30 Sound Healing Meeting point: Fitness Meeting Point, in front of the gym	09:00 - 11:00 Active counter Advice from our fitness coaches at the reception	11:15 - 11:45 Dragon Flow Meeting point: Fitness Meeting Point, in front of the fitness room
	13:00 - 13:45 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym	14:00 - 14:30 Mobility Snack Meeting point: Fitness Meeting Point, in front of the gym	14:45 - 15:30 Full Body Workout Meeting point: Fitness Meeting Point, in front of the gym
			12:00 - 12:45 Yin Yoga Meeting point: Fitness Meeting Point, in front of the gym
			15:45 - 16:30 Gentle Stretching Meeting point: Fitness Meeting Point, in front of the gym

Thu, 01.05.2025

Event hotel	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	19:00 - 20:30 Gourmetdinner with dessert buffet "Chocolate dreams" with dessert wine selection at the buffet presented by the sommelier	22:00 - 22:30 Wine sales At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: "Falkenstein winery".
Event region	08:00 - 12:00 Weekly market in Schlanders in the village centre of Schlanders at the car park Steiner.	09:00 Bikeshuttle from Naturno to Gorenza or Curon, Lake Reschen Costs: to Gorenza 18,00€ / to Curon 24,00€ Meeting point: at 9:00 a.m. at the underground car park exit Registration at the reception.	10:00 - 18:00 Gardenflair Algund Church Square Algund. Discover the Mediterranean paradise of garden and culinary delights!	16:30 Bikeshuttle from the Lake Caldaro to Naturno Costs: 24,00 € Registration at the reception. Meeting point: 4:30 p.m. Bus Parking/St. Josef - Lake Caldaro
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 - 14:30 Road Bike Tour - Highlight Merano and surroundings Km: about 65km Hm: about 500m Costs: 25,00 € Registration at the reception.	
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C.	16:00 Classic - Aufguss Aufguss in the show sauna on the 3rd floor at 85°C.	17:00 Relax - Aufguss Aufguss in the show sauna on the 3rd floor with 85°C.	18:00 Magical Forest 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 14:00 - 15:00 LatinoFit Meeting point: Fitness Meeting Point, in front of the gym	11:15 - 12:00 AquaGym Meeting point: Fitness Meeting Point, in front of the gym 15:15 - 16:15 Healthy Back Meeting Point: Fitness Meeting Point, in front of the gym	12:45 - 13:45 Fascia Release Meeting point: Fitness Meeting Point, in front of the gym	14:00 - 14:30 BodyBalance Meeting point: Fitness Meeting Point, in front of the fitness room

Fri, 02.05.2025

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</p>	<p>19:00 - 20:30 Gourmet dinner</p>	<p>22:00 - 22:30 Wine sales At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: the origins of Vernatsch".</p>
Hiking	<p>04:45 - 07:45 Sunrise Tour to "Leiteralm" With the guide Reinhold Altitude difference: 200 Pure walking time: ca. 1 hour Registration at the reception!</p>			
Event region	<p>07:30 - 12:30 Market in Lana at the car park, Via Lorenzer in Oberlana</p> <p>16:30 Bikeshuttle S. Martino/Val Passiria - Naturno Costs: 22,00€ per person Registration at the reception. Meeting point: at 4:30 p.m. Tennis Camp San Martino val Passiria</p>	<p>08:00 - 13:00 Weekly market in Merano At the Prader square, next to the train station of Merano.</p> <p>19:00 Speck, Wine & Music A cozy get-together, good wine, South Tyrolean speck and great music - these are the ingredients for an enjoyable evening in the bar Wineshop Baumgärtner.</p>	<p>08:00 - 13:00 Weekly market in Latsch on the Lacus place in Latsch</p>	<p>10:00 - 18:00 Gardenflair Algund Church Square Algund. Discover the Mediterranean paradise of garden and culinary delights!</p>
Biking	<p>09:30 - 15:30 E-mountainbike tour: Burggraves Trails Panorama Km: ca. 35km Hm: ca. 900m Costs: 25€ tour+ 15€ Bikeshuttle Registration at the reception.</p>	<p>09:30 - 15:30 Mountainbike-tour: "Burggrafen" Trails Km: 28km Hm: 800m Costs: 25€ tour + 15€ bikeshuttle Registration at the reception.</p>		
Wellness & SPA	<p>14:00 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 13 am</p> <p>17:30 Mint & Lemon Scrub Scrub in the steam sauna on the ground floor at 45°C.</p>	<p>15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C.</p> <p>18:00 The Golden 20's Show Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>16:00 Relax - Aufguss 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 Aufguss in the show sauna on the 3rd floor at 85°C.</p>
Fitness	<p>09:00 - 11:00 Active counter Advice from our fitness coaches at the reception</p> <p>15:45 - 16:45 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>11:15 - 13:00 Nordic Walking - Sun Mountain Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>13:45 - 14:45 Gentle Stretching Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>15:00 - 15:30 Mobility Snack Meeting point: Fitness Meeting Point, in front of the gym</p>