



ACTIVE PROGRAMME

26.12.2023 – 07.01.2024

Tuesday, 26.12

18:00 Acquafitness with Sara

from 19:00 Welcome menu



Wednesday, 27.12

- 08:15 *Yoga with Anna
- 08:30 Aquafitness
- 10:00 Bodyworkout
- 16:00 Scrub in the steam bath
- 17:00 Relaxing infusion in the Finnish sauna
- 18:00 "80s infusion" in the Finnish sauna



* Please register by 19:00 the day before.

Thursday, 28.12

08:15 *Yoga with Magdalena

08:30 *Snowshoe fitting for the hike

09:00 *Snowshoe hike into the beautiful Villnöss Valley with Julia

The Geisler peaks are the jewel in the crown of the Villnöss valley. Our hike takes us from the Villnöss Valley to the foot of the impressive Geisler peaks. From the Zanser Alm car park, we hike up and along the Adolf Munkel path to the Gampenalm. There we stop for lunch and hike back to the car park.

Own journey. Sturdy high mountain boots required.

Walking time: approx. 4.5 hours Return: approx. 5 p.m. Altitude metres: 390 m

18:00 Schnapps tasting at the bar with Urban



* Please register by 19:00 the day before.



Friday, 29.12

08:30 Aquafitness with Julia

11:00 Stretch and Relax

14:00 *Walk along the Oswald promenade & Bolzano Christmas market with Julia

We drive to Bolzano by car, walk along the water wall promenade to the St. Anton bridge, where the Oswald promenade begins and leads to the famous St. Magdalena wine-growing area. We start off flat, then follow the serpentine up the hill, passing various information boards at regular intervals and continuing to the "Gasthaus Eberle". We then return to the centre of Bolzano and take a stroll around the Christmas market.

Walking time: approx. 2.5 hours
altitude metres: 113m

Return: approx. 17.30

18:00 Acquafitness with Sara

* Please register by 19:00 the day before.

Saturday, 30.12

08:15 *Yoga with Magdalena

08:30 Acquafitness with Julia

10:00 *Winter hike to the Rocky Men

We start our hike from the Schermos car park, above Mölten. We hike through the forest up to the Wetterkreuz and continue across the "plains" to the Möltner Kaser mountain hut. From there, we climb the last section up to the summit at 2,000 metres and enjoy the wonderful panoramic view of this place of power. We return to the mountain hut for refreshments.

Walking time: approx. 4.5 hours Return: approx. 4.30 p.m.

Elevation gain: 550 metres

17:30 Peeling in the steam bath

* Please register by 19:00 the day before.



Sunday, 31.12

- 08:30 Aquafitness
- 11:00 Stretch and Relax
- 15:30 Peeling in the steam bath
- 16:30 Relaxing infusion in the Finnish sauna followed by punch by the fire bowl
- 17:30 New Year's Eve infusion in the Finnish sauna followed by punch by the fire bowl
- 19:00 New Year's Eve aperitif
- 19:30 Entrance to the dinner
- 00:30 Midnight snack
- Until 02:00 Music with the band "4 Signs"



2024

Monday, 01.01

07:30 – 11:30 New Year's breakfast

11:15 Broadcast of the "New Year's
Concert of the Vienna
Philharmonic Orchestra" at the bar



Tuesday, 02.01

- 08:30 Aquafitness
- 11:00 Stretch and Relax
- 16:00 Peeling in the steam bath
- 17:00 Relaxing infusion in the Finnish sauna
- 18:00 "80s infusion" in the Finnish sauna



Wednesday, 03.01

08:15 *Yoga with Anna

08:30 Acquafitness

10:00 *Sledging trip to the Sarntal Valley with Julia

We drive to Reinswald (1,500m) in the Sarntal Valley, where we hire toboggans at the valley station of the ski area. (There is a charge for toboggan hire - €8 p.p.) We then hike with the toboggans to the mountain station (2,130m) and stop there for lunch together. After lunch, we toboggan back down to the valley together on the 4.5 km long natural toboggan run.
Walking time: approx. 2.5 hours Elevation gain: 570 metres

13:30 *Baking apple strudel with Melissa

17:00 Relaxing infusion in the Finnish sauna

* Please register by 19:00 the day before.



Thursday, 04.01

- 08:15 *Yoga with Magdalena
- 08:30 Acquafitness
- 10:00 Bodyworkout
- 14:30 Stretch and Relax
- 16:00 Peeling in the steam bath
- 17:00 Relaxing infusion in the Finnish sauna
- 18:00 "80s infusion" in the Finnish sauna

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Friday, 05.01

08:30 Acquafitness

14:00 *Tappeinerweg and Merano Christmas market with Julia

We take the car to Merano, walk along the Tappeinerweg, where we enjoy a wonderful panorama of Merano and the Adige Valley. We then cross over to the Gilfpromenade, which leads us back to the centre of Merano. There we take a tour of the Merano Christmas market and finish our tour with a hot mulled wine.

Walking time: approx. 2.5 hours Return: approx. 17.30
metres in altitude: 110 m

21:00 Smoking ritual in the fireplace room with Mr Theiner



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Saturday, 06.01

- 08:15 *Yoga with Magdalena
- 08:30 Acquafitness
- 11:15 Stretch and Relax
- 16:00 Peeling in the steam bath
- 17:00 Relaxing infusion in the Finnish sauna
- 18:00 "80s infusion" in the Finnish sauna



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We charge € 12.00 per person for a yoga session.

For the hikes:

Equipment required: rucksack, winter or mountain boots, rain protection, sun protection, gloves and hat, possibly hiking poles. Travel to the hike with your own car or our e-cars. Participants pay for their own food and drinks as well as cable car rides.

There are 4 places available in our Mercedes B-Electric. The additional participants will form car pools.

Weather-related changes possible.

Ski resorts nearby

Merano 2000

Arrival by car: 15 minutes

Cable cars: Cabelcar and 7 lifts

Slopes: 40 km

Schwemmalm-Ultental

Arrival by car: 35 minutes

Cable cars: Cabin lift and 5 lifts

Slopes: 25 km

Kurzras-Schnalstal

Arrival by car: 45 minutes

Cable cars: Glacier lift und 10 lifts

Slopes: 30 km

Obereggen-Latemar

Arrival by car: 45 minutes

Cable cars: 18 lifts

Slopes: 48 km

Carezza-Karerpass

Arrival by car: 50 minutes

Cable cars: 14 lifts

Slopes: 40 km




GARDEN OF DELIGHTS

Breakfast buffet	from 7.30 a.m. to 10.30 a.m.
Salad buffet	from 1.00 p.m. to 2.45 p.m.
Cake buffet	from 3.00 p.m. to 5.00 p.m.
Dinner	from 6.30 p.m. to 8.30 p.m.

GARDEN OF THE SENSES

Indoor pool	from 7.30 a.m to 07.00 p.m.
Outdoor pool	from 8.00 a.m. to 07.00 p.m.
Treatments	from 10.00 a.m. to 07.30 p.m.
Sauna	from 02.00 p.m. to 07.00 p.m.

A large, multi-story resort building with a curved facade and wooden balconies, surrounded by a snowy landscape with a pond and snow-covered bushes. The building has a modern design with a mix of white and wood tones. The foreground is dominated by a snow-covered garden with various shrubs and a small pond. The background shows a misty, snow-covered mountain range.

We wish you happy and
relaxing holidays and
contemplative moments with us
at theiner's garten!