



THEINER'S
GARTEN

NEW YEAR'S EVE PROGRAM 26.12. - 05.01.

***WE ASK FOR REGISTRATION BY 7:00 PM THE DAY BEFORE.**

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. TRAVELING TO THE HIKE WITH OUR 9-SEATER HOTEL BUS. FOOD, DRINKS AND CABLE CAR RIDES ARE PAID FOR BY THE PARTICIPANTS THEMSELVES. YOU ARE WELCOME TO ORDER A PACKED LUNCH TO TAKE AWAY AT THE HOTEL FOR €18 PER LUNCH BOX.



THE GARDEN OF TASTE

BREAKFAST FROM 07.30 AM TO 10.30 AM
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

SATURDAY, DECEMBER 27

- **08:15 AM: *YOGA WITH MAGDALENA**
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min., Price: € 15,00.
- **08:30 AM: AQUAFITNESS**
We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- **11:00 AM: STRETCH AND RELAX**
In the movement room, duration: approx. 50 min.
- **04:00 PM: PEELING IN THE STEAM SAUNA**
- **05:00 PM: RELAXING INFUSION IN THE FINNISH SAUNA**
WITH THE ESSENTIAL OILS OF LARCH, LAVENDER
AND LEMON
- **06:00 PM: CHRISTMAS INFUSION IN THE FINNISH SAUNA**
WITH ESSENTIAL OILS OF WHITE FIR, MANDARIN,
AND CHRISTMAS SCENT
- **06:30 PM: WELCOME APERITIVO WITH THE THEINER'S AT THE FIRE PIT**
- **FROM 06:30 PM: WELCOME MENU WITH ANTIPASTI BUFFET**

SUNDAY, DECEMBER 28

- **08:15 AM: *MEDITATION & YOGA WITH MUHAMMAD**
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min., Price: € 15,00.
- **09:00 AM: *WINTER HIKE TO THE "STOANERNE MANDLN"**

We start our hike at the Kampidell parking lot in Flaas. From there, we walk over the Jenesinger Jöchel up to the Möltner Kaser and continue to the 2,000 m high viewpoint. We enjoy the wide panoramic views and then return along the same path to our starting point. Difficulty: moderately challenging.
Refreshment stop: on the way back at the mountain hut "Jenesinger Jöchel". This tour offers magnificent views of the Dolomites and invites you to consciously enjoy nature.
Distance: 12 km Elevation gain: 555 m
Total hiking time: approx. 4 hours
Return: around 3–4 p.m.

- **07:00 PM: PEELING IN THE STEAM SAUNA**
- **06:00 PM: HERBAL INFUSION IN THE FINNISH SAUNA**
WITH THE ESSENTIAL OILS OF SWISS STONE PINE,
JUNIPER AND SPRUCE/LARCH



MONDAY, DECEMBER 29

- **08:15 AM: *YOGA WITH MAGDALENA**
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min., Price: € 15,00.
- **08:30 AM: AQUAFITNESS**
We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- **11:00 AM: STRETCH AND RELAX**
In the movement room, duration: approx. 50 min.
- **13:00 PM: *TRIP TO THE GLURNS CHRISTMAS MARKET WITH GUIDED CITY TOUR**

Together we take the hotel bus to the medieval town of Glurns, which, with its 935 inhabitants, is the smallest town in South Tyrol and in all of Italy. During an exciting city tour, we will see the fully preserved town walls, medieval arcades, and historic town gates. The town fascinates with its compact old town, its eventful history – including the Battle of Calven – and its special flair as a former trading hub in the Vinschgau Valley. Afterwards, we visit the atmospheric Glurns Christmas Market, set in a historic backdrop, featuring traditional crafts, regional products, mulled wine, and festive music.
Price for the guided tour: € 10,00
Return: around 7:00 p.m.

TUESDAY, DECEMBER 30

- **08:15 AM: *PILATES WITH NADIA**
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min.
- **08:30 AM: *TOBOGGANING TRIP TO STERZING ON THE ROSSKOPF – ITALY'S LONGEST NATURAL TOBOGGAN RUN**

We travel together to Sterzing (approx. 1 hour), where we rent toboggans on site and take the cable car up to the mountain station. The costs for rental, lift, and food are to be covered individually by the participants. Together we race down the 10 km natural toboggan run through the idyllic forest. The descent offers a spectacular panorama of the surrounding mountains. Joint lunch stop along the way
Return: around 4:00 p.m.

WEDNESDAY, DECEMBER 31

- **08:15 AM: *MEDITATION & YOGA WITH MUHAMMAD**
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min., Price: € 15,00.
- **08:30 AM: AQUAFITNESS**
We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- **11:00 AM: STRETCH AND RELAX**
In the movement room, duration: approx. 50 min.
- **04:00 PM: PEELING IN THE STEAM SAUNA**
- **05:00 PM: NEW YEAR'S EVE INFUSION IN THE FINNISH SAUNA WITH THE ESSENTIAL OILS OF SWISS STONE PINE, LAVENDER AND LEMON, FOLLOWED BY PUNCH BY THE FIRE PIT**
- **07:00 PM: NEW YEAR'S EVE APERITIVO**
- **FROM 07:30 PM: DINNER**
- **00:30 AM: MIDNIGHT SNACK**
- **UNTIL 02:00 AM: MUSIC WITH THE BAND "4 SIGNS" AT THE BAR**



THURSDAY, JANUARY 1

- **07:30 - 11.30 AM: NEW YEAR'S BREAKFAST**
- **11:15 AM: BROADCAST OF THE VIENNA PHILHARMONIC NEW YEAR'S CONCERT AT THE BAR**

FRIDAY, JANUARY 2

- **08:15 AM: *PILATES WITH NADIA**
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min.
- **09:00 AM: *WINTER WALK TO DREIKIRCHEN IN BARBIAN WITH SUBSEQUENT ORGANIC CHOCOLATE TASTING "KARUNA" IN CHIUSA**

We start our hike in the center of Barbian. The route leads through meadows into the forest and then ascends via a forest path. After about an hour, we reach our destination at an altitude of 1,120 meters. We then descend through the forest and along a paved road back to the village.
Refreshment options: Briol or packed lunch
Total walking time: approximately 3-3,5 hours
Total distance: 6 km Elevation gain: 520 meters
Around 3 PM: We will visit the organic chocolate factory "Karuna" in Chiusa. The guided tour includes a tasting.
Cost per person: € 16,00 Duration: approximately 1.5 hours
Return: around 4:30 PM

SATURDAY, JANUARY 3

- **08:30 AM: *WINTER HIKE AT LAKE CAREZZA**

In its winter coat, Lake Carezza has a charm all of its own. The water surface, which in summer appears crystal clear and inviting, transforms in the cold months into a magical world of ice and snow, framed by the white Dolomite peaks of the Rosengarten and Latemar. The extended circular trail leads from the small holiday village of Carezza to the suspension bridge, past Lake Carezza, and further into the snow-covered Latemar forest, where one can enjoy the crisp mountain air and the peaceful silence.
Distance: 5.4 km Duration: 1.5 hours
Ascent: 129 m Descent: 129 m
Highest point: 1,636 m Lowest point: 1,538 m
Return: around 1:30 p.m.

- **05:00 PM: *NEW YEAR'S COLLAGE WORKSHOP WITH MAGDALENA**
Meeting point: movement room on the 3rd floor

SUNDAY, JANUARY 4

- **08:15 AM: *MEDITATION & YOGA WITH MUHAMMAD**
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min., Price: € 15,00.
- **08:30 AM: AQUAFITNESS**
We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- **11:00 AM: STRETCH AND RELAX**
In the movement room, duration: approx. 50 min.
- **04:00 PM: PEELING IN THE STEAM SAUNA**
- **05:00 PM: RELAXING INFUSION IN THE FINNISH SAUNA**
WITH THE ESSENTIAL OILS OF LARCH, LAVENDER
AND LEMON
- **06:00 PM: FOREST INFUSION IN THE FINNISH SAUNA**
WITH THE ESSENTIAL OILS OF MOUNTAIN PINE,
SWISS STONE PINE AND SPRUCE

MONDAY, JANUARY 5

- **08:15 AM: *YOGA WITH MAGDALENA**
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min., Price: € 15,00.