



ACTIVE PROGRAM

19.09. - 25.09.2022

	MONDAY 19.09	TUESDAY 20.09	WEDNESDAY 21.09	THURSDAY 22.09	FRIDAY 23.09	SATURDAY 24.09	SUNDAY 25.09	REGISTRATION
6:30						SUNRISE YOGA & Meditation Meeting point: Rooftop Duration: 06:30—08:00 Price: Free of charge		
8:30 IN-HOUSE		YOGA with Hanna Meeting point: Yoga room Duration: 08:30—09:40 Price: Free of charge		YOGA with Hanna Meeting point: Yoga room Duration: 08:30—09:40 Price: Free of charge				
8:30 OUTDOOR	GUIDED HIKING (Astjoch)* with Giuseppe Meeting point: Hotel entrance Duration: 8:30—13:30 Price: Free of charge			GUIDED HIKING (Lutterkopf*) with Christine Meeting point: Hotel entrance Duration: 8:30—13:30 Price: Free of charge				*Please register at the reception
9:00					MORNING WALK with Giuseppe Meeting point: Hotel entrance Duration: 09:00—10:30 Price: Free of charge			
10:00		BERGILA TOUR* with Christine Meeting point: Hotel entrance Duration: 10:00—13:00 Price: Free of charge	FOREST BATHING with Hanna Meeting point: Hotel entrance Duration: 10:00—12:00 Price: Free of charge		BRUNICO CITY TRIP * with Philip Meeting point: Hotel entrance Duration: 10:00—12:30 Price: Free of charge			*Please register at the reception
10:30							GOLF TASTER COURSE* Meeting point: Golf Club Pustertal Duration: 10:30—12:00 Price: Free of charge	*Please register at the reception

On request you can book additional sessions on the climbing wall , run-, \* personal-training\* and yoga\*.  
(\*with extra charge)





## INFUSIONS

	MONDAY 19.09	TUESDAY 20.09	WEDNESDAY 21.09	THURSDAY 22.09	FRIDAY 23.09	SATURDAY 24.09	SUNDAY 25.09
15:30	SOAP EXPERIENCE IN STEAM BATH Hamam	SOAP EXPERIENCE IN STEAM BATH Hamam	AROMATIC SALT IN STEAM BATH Hamam	SOAP EXPERIENCE Hamam	SOAP EXPERIENCE IN STEAM BATH Hamam	AROMATIC SALT IN STEAM BATH Hamam	SOAP EXPERIENCE IN STEAM BATH Hamam
17:00	BALANCING EXPERIENCE Finnish Sauna	HARMONIZING EXPERIENCE Finnish Sauna	RELAXING EXPERIENCE Finnish Sauna	VITALIZING EXPERIENCE Finnish Sauna	CALMING EXPERIENCE Finnish Sauna	UNIQUE. MOUNTAIN. EXPERIENCE. Finnish Sauna	DREAMING EXPERIENCE Finnish Sauna
18:00	ACTIVATING EXPERIENCE Finnish Sauna	WARMING EXPERIENCE Finnish Sauna	REGENERATING EXPERIENCE Finnish Sauna	GROUNDING EXPERIENCE Finnish Sauna	ENERGIZING EXPERIENCE Finnish Sauna	HAPPY WEEKEND EXPERIENCE Finnish Sauna	ACQUAPURA EXPERIENCE Finnish Sauna





# GUIDED HIKING

	HIKING	HIKING
TOURNAME	<p><b>ASTJOCH (2194 m)</b></p> <p>A fairytale hike at the height of the Gadertal and Lüsneral valleys. The Astjoch is the highest elevation on the Rodenecker Alm.</p>	<p><b>LUTTERKOPF (2145m)</b></p> <p>A charming combined hike with views over Taisten and the Antholz valley.</p>
		
INFO	<p><b>Length:</b> 10.9 km</p> <p><b>Altitude difference:</b> 600 vertical meters</p> <p><b>Level of difficulty:</b> easy/medium</p> <p><b>Meeting point:</b> hotel entrance</p> <p><b>Registration:</b> With the Experience Concierge, at the reception or at the SPA reception. (Maximum number of participants: 8 persons)</p> <p><b>When:</b> Monday or Thursday from 08:30 AM - 02:30 PM</p> <p><b>Price:</b> free of charge</p>	<p><b>Length:</b> 11.7 km</p> <p><b>Altitude difference:</b> 650 vertical meters</p> <p><b>Level of difficulty:</b> medium</p> <p><b>Meeting point:</b> hotel entrance</p> <p><b>Registration:</b> With the Experience Concierge, at the reception or at the SPA reception. (Maximum number of participants: 8 persons)</p> <p><b>When:</b> Monday or Thursday from 08:30 AM - 02:30 PM</p> <p><b>Price:</b> free of charge</p>





# HIKING SUGGESTIONS


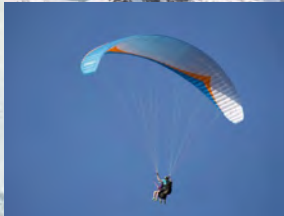

by Experience Concierge René

	HIKING	HIKING	HIKING
TOURNAME	<b>THE THREE PEAKS</b> <b>DREI ZINNEN</b> <b>LE TRE CIME</b>	<b>LAKE PRAGS</b> <b>PRAGSER WILDSEE</b> <b>LAGO DI BRAIES</b>	<b>PEITLERKOFEL</b> <b>SASS DE PUTIA</b>
			
INFO	<b>Difficulty:</b> Medium <b>Duration:</b> 4:00 h <b>Length:</b> 10 km <b>Altitude difference:</b> 400 vertical meters <b>Starting point:</b> Rifugio Auronzo /Auronzo Hütte	<b>Difficulty:</b> Easy <b>Duration:</b> 1:30 h <b>Length:</b> 3,6 km <b>Altitude difference:</b> 80 vertical meters <b>Starting point:</b> Hotel Lago di Braies /Hotel Pragser Wildsee	<b>Difficulty:</b> Medium <b>Duration:</b> 5:00 h <b>Length:</b> 13 km <b>Altitude difference:</b> 500 vertical meters <b>Starting point:</b> Passo delle Erbe / Würzjoch





# TOP.MOUNTAIN.EXPERIENCES

EXPERIENCE	INFO	PRICE
	<b>HELICOPTER</b>  Curtain up for the World Heritage: The Dolomites. Among the main actors we proudly count the Lago di Braies, the Tre Cime di Lavaredo, the Marmolada glacier and many more. Whether in a green summer dress or covered in white. A unique stage with a stunning backdrop is guaranteed. Browse through our 3 different tours on the map and decide which one fits best to you.	from € 450,00
	<b>TANDEM PARAGLIDE</b>  Start with us to experience an unforgettable flight. Fly high above the Pusterer Valley in the Kronplatz region and enjoy the magical feeling of freedom and tranquility. We from Kronfly want to consider every wish from every single client, so we take our time to reassure you an unique experience. The safety is our first priority as well as to put a smile upon your face while flying with us. All you need to do is runnig 10-15 steps by take off and landing.	€ 140,00 (pp.)
	<b>KAYAK</b>  Enjoy a full immersion into nature as you glide silently on the water. Unlike sit-in kayaks, sit-on-top models allow you to sit comfortably on the kayak rather than inside it, making you feel safer as you paddle. This recreational kayak is very stable and robust, and you don't need experi-ence or a guide to steer it!	€ 65,00 (pp.)
	<b>RAFTING</b>  Climb into our raft and explore with us the wild waters of the Ahr, Rienz or Eisack rivers. You are in for vigorous rocking, the perfect dose of adrenaline and fantastic views of South Tyrol's natural landscapes. Treat yourself to an adventurous white water tour that will stay with you for years!	€ 65,00 (pp.)
	<b>ZIPLINE</b>  The biggest Zipline in Europe Adrenaline X-Treme Adventures  Adrenaline? At full throttle! Discover the best adrenaline-filled adventure park in South Tyrol  One thing is for sure: our Zipline is an experi-ence that you will remember forever!	€ 79,00 (pp.)





	GOLF AT GOLF CLUB PUSTERTAL
GOLF CLUB	<p>Embedded at the foot of the “Kronplatz”, adjacent at the Sport Park Reiperting/Riscone (only 1.2km distant from the hotel) there is the golf course <b>Golf Club Pustertal</b>.</p> <p>The course consists of <b>9-holes</b> – Par 34 with 2.800 m, and was constructed as the first part of a planned 18- holes golf course.</p> <p>The Open Country Course was designed and inserted carefully in this beautiful landscape, which consists partly of woods, open land as well as of wetland, by the two golf architects Alvisè Rossi Fioravanti and Baldovino Dassù, winners of several European Tour Events.</p> <p>Brian Jorgensen and Dan Kain, shaper of international reputation, modelled the holes by every trick in the book and were able to bring to bear the whole beauty of the land.</p>
INFOS	<p>9 hole / Par 34</p> <p>men yellow: 5.406m / CR 69,2 / SL 127; women red: 4.548m / CR 69,4 / SL 126</p>
COSTS	<p>The green fee is <b>free of charge</b> for hotel guests.</p> <p>(Please ask at the reception or at the Experience Concierge desk).</p>








	<h2>TENNIS AT TENNIS CLUB BRUNECK</h2>
TENNIS CLUB	<p>The tennis club of the town of Bruneck and has 2 <b>playing facilities</b>:</p> <ul style="list-style-type: none"><li>the outdoor tennis facility in Riscone with 6 courts and a clubhouse with changing rooms, bar and restaurant. <b>It can be reached on foot from the hotel in just a few minutes.</b></li><li>the indoor tennis centre in Brunico, a covered facility with 2 courts, changing rooms and bar. It is located about 3 km from the hotel.</li></ul> <p>The <b>rental of the tennis court</b> is <b>free of charge</b> for <b>hotel guests</b> and can be booked on request directly at the hotel reception.</p>
HISTORY	<p>ATC Bruneck   Brunico is the tennis club of the town of Brunico and has been a member of the Italian Tennis Federation F.I.T. (Federazione Italiana Tennis) since its founding year in 1975.</p> <p>ATC Bruneck   Brunico has produced great sportsmen and sportswomen, such as <b>Jannik Sinner</b>, who today plays at the top of the world rankings.</p> <p><b>Coaches Andrea Spizzica and Hebi Mayr</b> were among the first to <b>discover and train the South Tyrolean talent</b> when he joined Brunico Tennis Club at the age of 7.</p> <p>It is also <b>possible to book tennis lessons</b> with Jannik Sinner's former coaches for € 60,00 per hour.</p>







## UNIQUE.MOUNTAIN.EXPERIENCES



	HIKING	E-MTB	CLIMBING
TOURNAME	PEITLERKOFEL SUNRISE HIKE	NIGHT E-MTB TOUR with Kronplatz sunset	ON THE TOP OF THE THREE PEAKS with <b>Simon Gietl</b> — one of the greatest exponents of Italian mountaineering
			
INFO	Guided sunrise hike on the Peitlerkofel <b>Difficulty:</b> Difficult <b>Duration:</b> 5 hours <b>Extras:</b> Lunch pack included <b>Price:</b> € 85,00 (pp.)	Guided Sunrise E-MTB tour <b>Difficulty:</b> Medium (13 km - 1300 vertical meters) <b>Extras:</b> Lunch pack included <b>Participants:</b> min. 4 <b>Price:</b> € 85,00 (pp.)	Guided climbing tour on the „Große Zinne“ (2999 m) <b>Difficulty:</b> Difficult <b>Duration:</b> Full day <b>Participants:</b> min./max. 2 <b>Price:</b> € 400,00 (pp.)





## BIKE RENTAL & CO.

	E-MTB RENTAL	SPECS
<b>CUBE E-MTB</b> STEREO HYBRID 120 (€ 45,00 / Day)		<b>Type:</b> Fully <b>Motor:</b> Bosh Performance CX <b>Battery:</b> 625 Wh  <b>Equipment rental:</b> Lock, helmet, pump, tyre levers, chargers
<b>CUBE E-MTB</b> STEREO HYBRID 120 (€ 45,00 / Day)		<b>Type:</b> Fully <b>Motor:</b> Bosh Performance CX <b>Battery:</b> 625 Wh  <b>Equipment rental:</b> Lock, helmet, pump, tyre levers, chargers

	BACKPACK & HIKING STICKS RENTAL	SPECS
<b>FALKENSTEINER BACKPACK</b>		Liters: 20 L Price: Free of charge
<b>LEKI AERGON 3</b> HIKING STICKS		Color: Anthra / neonyellow Price: € 8,00 / Day

LUNCHBAGS		
<b>LUNCHBOX</b> <b>BREAKFAST</b>	€ 10,00 (1 Pax)	1x croissant 1x sandwich 1 piece of fruit 1x Ice Tea 1x Acqua Landpark spring water Paper napkins, paper bag  *Please reserve at reception the day before.
<b>LUNCHBOX</b> <b>HIKING</b>	€ 30,00 (2 Pax)	1x Speck, already vacuum packed 1x Kaminwurze, already vacuum packed 2 pcs Schüttelbrot, already packed 2 pcs fruit 2x Ice Tea 2x Acqua Landpark spring water Cutting board, knife, paper napkins, paper bag  *Please reserve at reception the day before.
<b>LUNCHBOX</b> <b>TRAVEL</b>	€ 10,00 (1 Pax)	2x sandwiches 1 piece of fruit 1x Ice Tea 1x Acqua Landpark spring water Paper napkins, paper bag  *Please reserve at reception the day before.





 KRONAKTIV



SCAN ME OR CLICK





## MORE INFORMATION

Please feel free to contact our Experience Concierge René Castagnaro for more information:

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