


	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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AKTIV & RELAX


CARILLON ON THE ZWÖLFERTURM

A new carillon has been installed on the Twelfth Tower, the landmark of Sterzing, which towers over the entire town. **Live performances** by music groups take place on **Saturdays and Sundays at 5 pm.**




Karin& Roland our sauna masters

Not only make you sweat in the sauna, but surprise and enchant you with our special infusions



WINTER HIKE TO THE FREUNDALM TELFES

Meeting point: 10.00 a.m. Obertelfes
Refreshment stop: South Tyrolean aperitif Freundalm
Starting point: Altitude 1,300 m
Highest point: 1,700 m
Altitude difference: 470 m
Tour length: approx. 6.6 km
Conditions: easy-medium
Technique: easy
Walking time: 2.5 hours
Duration approx. until 14.30
What to bring: Winter clothing, good shoes, gloves, sunglasses and walking sticks
Participants: min. 4 persons
Registration: until Monday 13.00 at the reception



HIKE WITH SNOW SHOES
For beginner

Meeting point: 10.30 a.m. Bus stop Larchhof
Walking time: till 3 p.m.
Clothing: Winter clothing, good footwear & gloves (snowshoes and poles will be provided).
Participants: min. 4 persons
Registration: until Tuesday 20.00 at the reception

Snowshoe rental € 6,00




TORCHLIGHT HIKE - "Clink bells"

Romantic torchlight hike to the chapel at Plattnerhof.
Meeting point: Larchhof bus stop at 5.00 p.m.
Duration: approx. 1 h
Clothing: good shoes
Participants: min. 4 persons
Registration: until Wednesday 13.00 at the reception

Experience the Alpine sauna with the whole family!
 Today you have from 10.00 - 11.00 o'clock the opportunity!
 Children's and family infusion with Karin at 10.00 a.m. in the See-Eventsauna


BELLAVITA SPA

Your fountain of youth for vitality & beauty! Let our beauty team pamper you and turn your back on everyday life for a while.
 We are open daily from 10.00 - 19.00 o'clock there for you



ALPHOTEL'S ADVICE NIGHT SWIMMING

Our pool area is open daily until 11.30 p.m.



SAUNA

Infusions with Karin

4 p.m.: **Face mask** in the steam bath
 5 p.m.: **Coffee** infusion
 6 p.m.: **Relax** infusion

Infusions with Roland

4 p.m.: **Peeling** in the steam bath
 5 p.m.: **Fruit fragrances** infusion
 6 p.m. : **Forest fragrances** infusion

Infusions with Roland

4 p.m.: **Body wrap** in the steam bath
 5 p.m.: **Hot hot** infusion
 6 p.m.: **Herbal** infusion

Infusion with Karin

5.00 pm **Fruit infusion** with baked apple body cream
 6.00 pm **Relax** infusion

Infusion with Karin

5.00 pm **forest fragrance** infusion
 6.00 pm **Mint lemon** infusion

Infusion with Roland

3 p.m. **Peeling** in the steam bath
 4 p.m. **Hot hot** infusion
 5 p.m. **Fruit** infusion

Infusion with Karin

4.00 pm **sugar peeling** in the steam bath
 5.00 pm **Detox** infusion
 6.00 pm **Hot Hot** infusion

CULINARY

FINE TASTING MENU
 Enjoy culinary delicacies by candlelight and let us recommend you a good drop from our wine cellar.

HOUSE APERITIF
 We invite you to have an aperitif at the terrace or in the entrance hall from 6.30 p.m. to 7.00 p.m.

BREAKFAST WITH BUBBLES
 Every day we spoil you with fresh egg dishes, sparkling wine, freshly squeezed fruit juices, organic products from our farmers. From 7.30 a.m. - 11.00 a.m.

SPECIALTIES
 Traditional and alpine delicacies
 Today you can enjoy typical specialties from the South Tyrolean kitchen. From 6.30 p.m.

COCKTAIL EVENING
 Delicious cocktails for a special price from 6.00 p.m.
 Alcohol-free cocktails € 5,80
 Alcoholic cocktails: € 7,80

MEDITERRANEAN EVENING
 Our kitchen will spoil you today with Italian specialties. Look forward to the culinary "La Dolce Vita"!

ALPINES WELLNESSDINNER
 Our kitchen spoils you today with healthy and mainly regional dishes. According to the motto "GSUND & GUAT"

