



# Exemple of our activities

HIKING	<p><b>ANDREAS OUR HIKING GUIDE</b></p> <p>With pleasure and passion I accompany you through our beautiful alpine and mountain world.</p> <p><b>MY RECOMMENDATION:</b> Good <b>hiking boots</b> are required during the hikes! <b>Hiking sticks</b> are helpful (at the reception to borrow), <b>drinks and rain protection</b> should not be missed in the backpack. My walks <b>are not suitable for buggies</b>.</p>	<p><b>ALPHOTEL´S SUGGESTION FOR THE DAY</b></p> <p>Ratschinger barefoot path, reachable in approx. 1.5 hours from the hotel (or a few minutes by car).</p> <p>Very suitable as a family hike</p>	<p><b>"LINGER AND HURRY" THE KALCHERALM</b></p> <p><b>Round hike in the area of the Kalcheralm and the Jaufen with a stop for refreshments.</b> Where cows feel comfortable during the summer, some hurry from one valley to another.</p> <p><b>Meeting point:</b> 09.00 am at the reception - drive to the starting point of the hike at the Kalcheralm entrance <b>Starting point:</b> Height 1.800m <b>Highest point:</b> Chapel at the Jaufenhaus: 1.980m <b>Height difference:</b> 230 m <b>Tour length:</b> 5,7 km <b>Condition:</b> simple <b>walking time:</b> 2,0h total 4,0h <b>Participants:</b> min. 2 persons</p> <p><b>Registration:</b> until Sunday 21.00 at the hiking corner</p>	<p><b>"MAGIC POWER" In the world of "Pfeifer Huissele"</b> A hike in the valley head of Ratschings, with a stop in a hut.</p> <p><b>Meeting:</b> 09.30 a.m. at reception → transfer to Flading <b>Starting point:</b> Flading (1.485 m) <b>Endurance:</b> medium - high <b>Technique:</b> medium <b>Highest Point:</b> Klammalm, 1.925 m <b>Altitude difference:</b> 440 m <b>Distance:</b> 5,0 km <b>Walking time:</b> 3h <b>Tour-time:</b> 5h</p> <p><b>Registration:</b> until Monday 9.00 p.m. at the hiking area</p>	<p><b>"ON THE ROAD TO THE PAST"</b></p> <p><b>Meeting place: Larchhof</b> 09:30 - ca.15:00 (5 h approx.)</p> <p>On the way back to earlier times we hike from Larchhof to Flading. What stories could an old hay barn along the way tell us? There, we help ourselves and prepare a simple lunch at the open fire. On the way back, we collect "herbal" or "fruity" things to take home as a souvenir.</p> <p><b>Level of difficulty:</b> Easy</p> <p><b>Registration:</b> until Tuesday 13.00 at the reception</p>	<p><b>HEALTH-HIKE Hiking, Kneipp, meditating with Carmen</b></p> <p>Relaxing and soothing for your perfect relaxation effect.</p> <p><b>Meeting point:</b> 10.00 a.m. at the reception <b>Starting point:</b> Alphotel Tyrol <b>Refreshments:</b> Schölnzhornhof <b>Return:</b> around 3.00 pm <b>Participants:</b> min. 2 persons</p> <p><b>Registration:</b> until Wednesday 9.00 p.m. at the hiking area</p>	<p><b>"COULD IT BE A BIT MORE?" Hike to the "Gleck" lake, returning in direction of the "Klamm" hut.</b></p> <p><b>Meeting point:</b> reception at 09:30 → transfert to Flading <b>Altitude:</b> 1.005 m <b>Distance:</b> 11,5 km <b>Highest point:</b> 2.432 m <b>Technique:</b> good <b>Walking time:</b> 7 h <b>Refreshments:</b> lunch packet, "Klamm" hut at the return <b>Participants:</b> min. 2 persons</p> <p><b>Registration:</b> until Thursday 9.00 p.m. at the hiking area</p>
							
AKTIV & BIKING	<p><b>ALPHOTEL'S DAY TIP</b> Ratschinger barefoot path, reachable in approx. 1.5 hours from the hotel (or a few minutes by car).</p> <p>Very suitable as a family hike</p>	<p><b>activeCard</b></p> <p>Your personal ticket to a world of benefits and free attractions, e.g. we recommend the ascent and descent with the mountain railway of the leisure mountain Rosskopf.</p>	<p><b>MOUNTAINBEKETOUR with Carmen at the PLATSCHJOCH</b> <b>Meeting:</b> 9.30 a.m. reception <b>Difficulty:</b> medium <b>Altitude difference:</b> 800 m <b>Duration:</b> 6h <b>Return:</b> around 3.30 p.m. <b>Refreshments:</b> in an alpine hut <b>Participants:</b> 2-7 people</p> <p><b>Registration:</b> until Sunday 9.00 p.m. at the reception</p>		<p><b>E-BIKETOUR with Carmen to the Telfer-Hut's</b></p> <p><b>Meeting:</b> 9.30 a.m. reception <b>Condition:</b> easy (e-bike) <b>Duration:</b> 6h <b>Return:</b> approx. 3.30 p.m. <b>Elevation gain:</b> 1100 m <b>Refreshments:</b> Telfer-Hut <b>Participants:</b> 2-7 people</p> <p><b>Registration:</b> until Tuesday 9.00 p.m. at the reception</p>		<p><b>E-BIKE RENTAL</b> Directly in the hotel you can rent one of the newest "hibike" for <b>€ 30,00 per day</b>. Reserve your bike early, so you can secure your desired date!</p>
VITAL		<p><b>ALPHOTEL´S ADVICE</b></p> <p><b>NIGHT SWIMMING</b> Our pool area is open daily until 11.30 p.m.</p>		<p><b>BELLAVITA SPA</b> Your fountain of youth for vitality and beauty! Let yourself pamper by our beauty team and turn your back on everyday life for a while. We are there for you daily from 9.00 a.m. - 7.00 p.m.</p>	<p><b>YIN JOGA for beginners with Eva</b> (in German language) <b>Meeting:</b> 8:15 a.m. at the first floor <b>Duration:</b> 45 min <b>Participants:</b> min. 2 - 7 people <b>Registration:</b> until Tuesday 9:00 p.m. at the reception</p>	<p><b>"Do good to your body so that your soul may desire to dwell therein"</b> -Theresa of Avila-</p>	
CULINARY	<p><b>ALPINE WELLNESS DINNER</b> Our kitchen spoils you today with healthy and predominantly regional dishes. From 6.30 p.m.</p>	<p><b>GOURMET MENU</b> Enjoy culinary delights by candlelight and let us recommend a good wine from our wine cellar. From 6.30 p.m.</p>	<p><b>HOUSE APPETIZER</b> We cordially invite you to a drink and small culinary delights from 6.30 p.m. to 7.00 p.m. in our entrance hall.</p>	<p><b>COCKTAIL EVENING</b> Delicious cocktails for a special price from 6.00 p.m. Alcohol-free cocktails € 5,80 Alcoholic cocktails: € 7,80</p>	<p><b>TYROLEAN EVENING</b> Today you can enjoy typical specialties from the South Tyrolean kitchen. A delicious Kaiserschmarrn and tasty dishes based on grandmother's recipes.</p>	<p><b>BREAKFAST WITH BUBBLES</b> 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.</p>	<p><b>ITALIAN EVENING</b> Our kitchen spoils you today with Italian specialties. Look forward to the culinary "La Dolce Vita"! From 6.30 p.m.</p>