

Example of our winter activities

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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AKTIV & RELAX	<p>ALPHOTEL'S ADVICE NIGHT SWIMMING</p> <p>Our pool area is open daily until 11.30 p.m.</p> 	<p>WINTER HIKE to the "Kalcheralm" hut direction "Platschjoch" with Sandra</p> <p>Meeting point 10:00 a.m. at the reception</p> <p>Starting point: from the hotel</p> <p>Walking time: c.a. 2.5 hours</p> <p>Refreshment: Kalcher Alm hot</p> <p>Cost of ascent and descent from the mountain: adults 9,00 € children 6,50 € (free with the ski pass South Tyrolean Wipptal)</p> <p>Registration until Sunday 07:00p.m.</p> <p>ACQUA GYM with Sandra</p> <p>Meeting point: 3.00 p.m. Swimming pool</p>	<p>SMOKE MEDITATION With Sandra</p> <p>Cleansing ritual in German language</p> <p>Meeting point: 11.00 a.m. in the movement space 1. floor</p> <p>Participants: min. 2 persons, max 8 people</p> <p>Registration: until Monday 7.00 p.m. at the hiking area</p>  <p>YIN YOGA with Eva for beginners relax and agility</p> <p>Meeting point: 4.00 p.m. in the movement space 1. Floor</p> <p>Participants: min. 2 persons max. 8 people</p> <p>Registration: until Monday 7.00 p.m. at the hiking area</p>	<p>Sandra, Eva and Karin our sauna master</p> <p>Not only make you sweat in the sauna, but surprise and enchant you with our special infusions</p> 	<p>HIKE WITH SNOW SHOES with Sandra</p> <p>Meeting point: 10.00 a.m. at the reception</p> <p>Starting point: from the hotel</p> <p>Walking time: c.a. 2.5 hours</p> <p>Refreshment: Waldhütte hot</p> <p>Return: around 2.30 pm</p> <p>Participants: min. 2/max.8 people</p> <p>Registration: until Wednesday 7.00 p.m. at the hiking area</p> <p>MEDITATION in German language with Sandra</p> <p>03:00 p.m.</p> <p>Meeting point: Room of silence with waterbeds</p>	 <p>ACQUA GYM with Sandra</p> <p>Meeting point: 3.00 p.m. Swimming pool</p> 	<p>BELLAVITA SPA</p> <p>Your fountain of youth for Vitality and beauty!</p> <p>Let yourself pamper by our beauty team and turn your back on everyday life for a while. We are there for you daily from 10.00 a.m. - 7.00 p.m.</p>
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SAUNA	<p>with Karin</p> <p>4.00 p.m. face mask in the steam bath</p> <p>5.00 p.m. mountain herb infusion</p> <p>6.00 p.m. relax infusion</p>	<p>with Sandra</p> <p>4.00 p.m. salt peeling with essential oils</p> <p>5.00 p.m. herbs infusion</p> <p>6.00 p.m. fruit infusion</p>	<p>with Eva</p> <p>5.00 p.m. face mask in the steam bath</p> <p>6.00 p.m. infusion with fir peeling</p>	<p>with Eva</p> <p>4.00 p.m. body pack with baked apple in the steam bath</p> <p>5.00 p.m. basic detox. infusion</p> <p>6.00 p.m. relax infusion</p>	<p>with Sandra & Karin</p> <p>4.00 p.m. salt peeling with essential oils</p> <p>5.00 p.m. special infusion</p> <p>6.00 p.m. hot hot infusion:</p>	<p>with Sandra</p> <p>4.00 p.m. face mask in the steam bath</p> <p>5.00 p.m. infusion with green tee peeling</p> <p>6.00 p.m. forest scents infusion</p>	<p>with Karin</p> <p>4.00 p.m. body pack with aloe vera in the steam bath</p> <p>5.00 p.m. basic detox infusion</p> <p>6.00 p.m. chill out infusion</p>
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CULINARY	<p>GOURMET MENU</p> <p>Enjoy culinary delights by candlelight and let us recommend a good wine from our wine cellar. From 6.30 p.m.</p>	<p>HOUSE APPETIZER</p> <p>Family Eisendle cordially invites you to a drink and small culinary delights from 6.30 p.m. to 7.00 p.m. at our sun terrace</p>	<p>COCKTAIL EVENING</p> <p>Delicious cocktails for a special price from 6.00 p.m.</p> <p>Alcohol-free cocktails € 5,00</p> <p>Alcoholic cocktails: € 7,00</p>	<p>TYROLEAN EVENING</p> <p>Today you can enjoy typical specialties from the South Tyrolean kitchen. A delicious "Kaiserschmarrn" and tasty dishes based on grandmother's recipes. From 6.30 p.m.</p>	<p>BREAKFAST WITH BUBBLES</p> <p>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>ITALIAN EVENING</p> <p>Our kitchen spoils you today with Italian specialties. Look forward to the culinary "La Dolce Vita"! From 6.30 p.m.</p>	<p>ALPINE WELLNESS DINNER</p> <p>Our kitchen pamper you today with healthy and predominantly regional dishes. From 6.30 p.m.</p>
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