

# Active Programme Summer

Saturday

## Power Walk

**Meeting point:**  
08:30 front desk  
**Duration:**  
approx. 60 min

## Climbing wall

Crash course with  
Experience Concierge  
**Meeting point:**  
17:00 Climbing wall  
**Duration:** 60 min

## Kneipp\*

Next to the hotel at the  
Kneipp facility in the forest  
**Meeting point:**  
hotel entrance 15:00 pm  
**Duration:** 60 min

## Enduro Bike Tour

Guided Enduro Bike Tour  
**Meeting point:**  
09:00 Reception  
**Duration:** All day

## Tennis\*

Bruneck Tennis Club  
**Meeting point:**  
Reception  
**Duration:** 2 hours

## To the Astjoch\*

In the realm of the  
Lüsner and Rodenecker  
alpine pastures  
**Duration:** 4:30 h/all day  
**Distance:** 16.5 km  
**Altitude difference:**  
450 hm  
**Meeting point:**  
09:00 Reception  
Guided hike

## Kayak\*

Kayak tour in the river Ahr  
**Meeting point:**  
09:00 Reception  
**Duration:** Half day

Sunday

## Power Walk

**Meeting point:**  
08:30 front desk  
**Duration:**  
approx. 60 min

## Mobilisation

Stretching and  
flexibility training  
**Meeting point:**  
15:00 Fitness room  
**Duration:** 60 min

## Technique & Skills Training

Guided workshops at  
Kronplatz Bike Park  
**Meeting point:**  
09:00 Reception  
**Duration:** All day

## Golf\*

Golfclub Pustertal,  
9 hole course par 34  
**Meeting point:**  
Reception  
**Duration:** half day/full day

## Climbing course\*

Indoor/Outdoor  
**Meeting point:**  
09:00 Reception  
**Duration:** Half day

## Rafting\*

Rafting tour in  
the river Ahr  
**Meeting point:**  
09:00 Reception  
**Duration:** Half day

Monday

## Power Walk

**Meeting point:**  
08:30 front desk  
**Duration:**  
approx. 60 min

## Hatha Yoga

Balance – physical  
effort – balance  
**Meeting point:**  
08:00 Yoga room  
**Duration:** 60 min

## Biking

Tips & Tricks with  
Experience Concierge  
**Meeting point:**  
11:00 Reception  
**Duration:** 60 min

## Paragliding\*

Various flights in  
the dolomites  
**Meeting point:**  
Reception  
**Duration:** half day

## Furkelpass to the Kronplatz\*

Adventurous hike  
for fit walkers  
**Duration:** 4:30 h/all day  
**Distance:** 10.3 km  
**Altitude difference:**  
520 hm  
**Meeting point:**  
09:00 Reception  
Guided hike

## Kayak\*

Kayak tour in  
the river Eisack  
**Meeting point:**  
09:00 Reception  
**Duration:** Half day

# Active Programme Summer

<b>Tuesday</b>	<p><b>Power Walk</b> Meeting point: 08:30 front desk Duration: approx. 60 min</p>	<p><b>Kettlebell</b> Full body workout with kettlebells Meeting point: 15:00 Fitness room Duration: 60 min</p>	<p><b>Night E-Bike Tour</b> Guided e-bike tour on the Kronplatz Meeting point: Reception Duration: 3 hours</p>	<p><b>Horse riding*</b> Riding stable Lechnerhof Meeting point: 09:00 Reception Duration: Half day</p>	<p><b>Guided climbing tours*</b> Dolomites Meeting point: 09:00 Reception Duration: All day</p>	<p><b>Rafting*</b> Rafting tour in the river Ahr Meeting point: 09:00 Reception Duration: Half day</p>	<p><b>Sunrise Peitlerkofel*</b> Sunrise hike on the Peitlerkofel with active summit breakfast Meeting point: 03:30 am Reception Duration: Half day</p>
<b>Wednesday</b>	<p><b>Power Walk</b> Meeting point: 08:30 front desk Duration: approx. 60 min</p>	<p><b>Regenerative Yoga</b> Relaxation – deep relaxation Meeting point: 08:00 Yoga room Duration: 60 min</p>	<p><b>Forest bathing*</b> With all senses in the forest Meeting point: 10:00 Hotel entrance Duration: 60 min</p>	<p><b>Bike Park KP Session</b> Bike Park Kronplatz Tour with Experience Concierge Meeting point: 10:00 Reception Duration: Half day</p>	<p><b>Hot Air Balloon*</b> Breathtaking sunrise flights in the Dolomites Meeting point: 05:30 Reception Duration: Half day</p>	<p><b>On the Dürrenstein*</b> Guided hike in the breathtaking world of the Dolomites Duration: 4:00 h/all day Distance: 7,5 km Altitude difference: 810 hm Meeting point: 09:00 Reception</p>	<p><b>Canyoning*</b> Canyoning tours easy to difficult Meeting point: 09:00 Reception Duration: Half day/full day</p>
<b>Thursday</b>	<p><b>Power Walk</b> Meeting point: 08:30 front desk Duration: approx. 60 min</p>	<p><b>Vinyasa Yoga</b> Mental freedom – calm mind Meeting point: 08:00 Yoga room Duration: 60 min</p>	<p><b>Bike Service Workshop</b> Mechanics basics with Experience Concierge Meeting point: 11:00 Reception Duration: 60 min</p>	<p><b>Zipline*</b> Zipline flight on Europe's largest zipline Duration: Half-day</p>	<p><b>Guided via ferrata tours*</b> Dolomites Meeting point: 09:00 Reception Duration: All day guided via ferrata tours</p>	<p><b>Kayak*</b> Kayak tour in the river Rienz Meeting point: 09:00 Reception Duration: Half day</p>	<p><b>Mountain Element*</b> E-MTB sunrise tour to the Kronplatz followed by breakfast and paraglide flight to the hotel Meeting point: 05:30 Reception Duration: Half day</p>
<b>Friday</b>	<p><b>Power Walk</b> Meeting point: 08:30 front desk Duration: approx. 60 min</p>	<p><b>Kettlebell</b> Everyday life relevant &amp; cross-sport training form Meeting point: 15:00 Fitness room Duration: 60 min</p>	<p><b>E-Bike Tour</b> Guided E-Bike Tour Meeting point: 09:00 Reception Duration: All day</p>	<p><b>Helicopter Tour*</b> Various flights in the Dolomites Meeting point: Reception Duration: Half day</p>	<p><b>Three Peaks Circuit Hike*</b> Hike around the most beautiful mountains Duration: 5:30 h/all day Distance: 14.7 km Altitude difference: 700 hm Meeting point: 09:00 Reception Guided hike</p>	<p><b>Canyoning*</b> Canyoning tours easy to difficult Meeting point: 09:00 Reception Duration: Half day/full day</p>	