

09.03.2024 - 15.03.2024

DolceVita Love Time

E-Bike days "Land & People" for pleasure cyclists in the Merano region

Mountain Bike weeks with 315 days of sunshine

Sat, 09.03.2024

Culinary	<div>08:00 - 12:00 Sweet temptation We welcome you this morning to the special breakfast sweet temptation!</div> <div>13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking</div> <div>19:00 - 20:30 Gourmet dinner</div>			
Hiking	<div>10:00 Snowshoe hike to the Berglalm in the Schnals Valley with our hiking guide Michl Walking time: Approx. 3,5 hours Height gain: 400 m Registration at the reception.</div>			
Event region	<div>08:00 - 13:00 Weekly market in Naturno at the main square of Naturno</div>			
Wellness & SPA	<div>14:00 Fragrance Journey - Citrus in the wine sauna on the ground floor with 70°C.</div> <div>17:30 Special Scrub Scrub in the steam sauna on the ground floor at 45°C.</div>	<div>15:00 Special Steam Bath Session In the steam sauna on the ground floor at 45°C. Registration by 14:00 p.m. on the same day in front of the steam room in the Sauna Tower on the ground floor.</div> <div>18:00 Moonshine Aufguss in the Show Sauna at 85° on the 3rd floor.</div>	<div>16:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.</div>	<div>17:00 Bahaa Aufguss in the show sauna on the 3rd floor at 85°C.</div>

Sun, 10.03.2024

Culinary	08:00 - 16:00 Exclusive Sunday brunch We welcome you this morning for an exclusive Sunday brunch!		19:00 - 20:30 Fine Dining Gala Dinner	
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C.	16:00 Herbal Scrub Scrub in the steam sauna on the ground floor at 45°C.	17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.	18:00 Après Ski Infusion in the show sauna on the 3rd floor at 85°C.
Fitness	10:00 - 10:45 Back Mobility Meeting point: Fitness Meeting Point, in front of the gym	11:00 - 11:45 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym	12:00 - 12:45 Stretch&Relax Meeting point: Fitness Meeting Point, in front of the gym	

Mon, 11.03.2024

Culinary	08:00 - 12:00 Exotic fruit parade The fresh, fruity start to the day	13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking	19:00 - 20:30 Gourmet dinner
Event region	16:20 Bike-Shuttle from S. Martino - val Passiria to Naturno Costs: 22,00 € Registration at the reception. Meeting point: at 16:20 Tennis Camp San Martino val Passiria	16:30 Bike-Shuttle from the Lake Caldaro to Naturno Costs: 22,00 € Registration at the reception. Meeting point: 16:30 bus parking lot Lido lake Caldaro	
Wellness & SPA	14:00 "SEMI-PERMANENT COSMETICS" info meeting Meeting place: Library No registration required 17:30 Citrus Scrub Scrub in the steam sauna on the ground floor with 45°C.	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C. 18:00 ABBA in the show sauna on the 3rd floor at 85°C.	16:00 Relax Aufguss in the show sauna on the 3rd floor with 85°C. 17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.
Fitness	14:30 - 15:15 Stretch&Relax Meeting point: Fitness Meeting Point, in front of the gym	15:30 - 16:00 Sixpack training Meeting point: Fitness Meeting Point, in front of the gym	16:15 - 17:00 TRX Workout Meeting point: Fitness Meeting Point, in front of the gym

Tue, 12.03.2024

Event hotel	<div><div><div>18:00 - 19:00</div><div>Cocktail Happy Hour</div><div>"2 for 1"</div><div>for selected cocktails at the hotel bar</div></div><div><div>19:00</div><div>Picture exhibition with the artist Peter Hiegelsperger</div><div>in front of the restaurant entrance.</div></div></div>			
Culinary	<div><div>08:00 - 12:00</div><div>Bella Italia</div><div>The Italian Breakfast</div></div>	<div><div>13:00 - 16:00</div><div>Vitality Buffet with Live Show Cooking</div><div>with Live-Show Cooking</div></div>	<div><div>19:00 - 20:30</div><div>South Tyrol Love Dinner</div><div>with local dishes</div></div>	
Event region	<div><div>09:00</div><div>Bike shuttle from Naturno to Glorenza or Curon, Lake Resia</div><div>Registration at the reception.</div><div>Costs: up to Glorenza 17,00€ and up to Curon 22,00€.</div><div>Meeting point: at the reception</div></div>			
Wellness & SPA	<div><div>11:00</div><div>Know more about Ayurveda</div><div>Including Pada Abhyanga, an Ayurvedic foot massage.</div><div>Meeting point: PreidlSpa reception</div><div>Duration: 15 minutes - Free of charge</div><div>Limited availability!</div><div>Registration at the spa reception until 10 a.m.</div></div>	<div><div>15:00</div><div>Warm up</div><div>Aufguss in the wine sauna on the ground floor with 70°C.</div></div>	<div><div>16:00</div><div>Relax</div><div>Aufguss in the show sauna on the 3rd floor with 85°C.</div></div>	<div><div>17:00</div><div>Classic</div><div>Aufguss in the show sauna on the 3rd floor at 85°C.</div></div>
	<div><div>17:30</div><div>Tea Experience</div><div>In the steam sauna on the ground floor with 45°C.</div></div>	<div><div>18:00</div><div>American Dream</div><div>Show Aufguss in the show sauna on the 3rd floor at 85°C.</div></div>		
Fitness	<div><div>12:30 - 13:30</div><div>Kundalini Yoga</div><div>Meeting point: Fitness Meeting Point, in front of the gym</div></div>	<div><div>13:45 - 14:45</div><div>Yin Yoga</div><div>Meeting point: Fitness Meeting Point, in front of the gym</div></div>		

Wed, 13.03.2024

Culinary	08:00 - 12:00 Sparkling wine & fine salmon The breakfast for gourmets	13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking	19:00 - 20:30 Gourmet dinner
Event region	16:30 Bike-Shuttle from the Lake Caldaro to Naturno Costs: 22,00 € Registration at the reception. Meeting point: 16:30 bus parking lot Lido lake Caldaro		
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C. 18:00 Ann Aufguss in the show sauna on the 3rd floor at 85°C.	16:00 Relax Aufguss in the show sauna on the 3rd floor with 85°C.	17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C. 17:30 Mint & Lemon Scrub Scrub in the steam sauna on the ground floor at 45°C.
Fitness	08:00 - 08:45 Sound Healing Meeting point: Fitness Meeting Point, in front of the gym	09:00 - 09:45 Yoga Flow Fitness Meeting Point, in front of the gym	10:00 - 11:00 FUNCTIONal Circuit Meeting point: Fitness Meeting Point, in front of the gym 12:00 - 13:00 Yin Yoga Meeting point: Fitness Meeting Point, in front of the gym

Thu, 14.03.2024

Culinary	08:00 - 12:00 Breakfast Fit & healthy The vitality breakfast	13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking	19:00 - 20:30 Sweet sins & seduction Olala! Dessert buffet de luxe
Event region	08:00 - 12:30 Weekly market in Silandro Traditional weekly market in the village centre of Silandro with regional products, clothing, fruit, vegetables, etc.		
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C. 18:00 Tiroler Show Aufguss in the show sauna at 85° on the 3rd floor.	16:00 Relax Aufguss in the show sauna on the 3rd floor with 85°C.	17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C. 17:30 Mountain Scrub Scrub in the steam sauna on the ground floor at 45°C.

Fri, 15.03.2024

Culinary	08:00 - 12:00 South Tyrolean & regional The South Tyrolean breakfast	13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking	19:00 - 20:30 Gourmet dinner with Mediterranean antipasti buffet A typical Italian anitpasti buffet!
Event region	08:00 - 13:00 Weekly market in Merano At the Prader square, next to the train station of Merano.	16:00 Bikeshuttle from Merano to Naturno Cost: €12 Registration at the reception. Meeting point: at 16:00 at the Terme Merano square	
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C. 18:00 Latino Show Aufguss in the show sauna at 85°C on the 3rd floor.	16:00 Relax Aufguss in the show sauna on the 3rd floor with 85°C. 22:00 Sandmann Aufguss in the show sauna on the 3rd floor with 85° C.	17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C. 17:30 Apple Scrub Scrub in the steam sauna on the ground floor at 45°C.
Fitness	08:00 - 08:45 Sound Healing Meeting point: Fitness Meeting Point, in front of the gym 13:00 - 13:45 ShoulderFree Meeting point: Fitness Meeting Point, in front of the fitness room.	09:00 - 09:45 EnerChiStretching Meeting point: Fitness Meeting Point, in front of the gym 14:00 - 15:00 Kundalini Yoga Meeting point: Fitness Meeting Point, in front of the gym	10:00 - 11:00 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym 15:15 - 16:15 Yin Yoga Meeting point: Fitness Meeting Point, in front of the gym



PREIDLHOF ROMANTIC EXTRAS

VIP-Package Very in Love Persons: 5 roses in your room, special decoration, erotic satin bedding (on request), exotic fruits, chocolates and a bottle of Prosecco to welcome you109.00 €

I Love You-Package: Loving welcome in your room with three roses, chocolate fruits and one bottle of rose Prosecco69.00 €

Oh là là - the sinfully delicious chocolate fondue: with fruits in the room49.00 €

Sweet seduction: the finest chocolate fruits from our very own patisserie.....39.00 €

Cosy breakfast: We will serve you our luxurious Preidlhof breakfast in bed! (order the day before)50.00 €

Romantic dinner in your room: We would be happy to serve you our romantic dinner in your room!150.00 €

Dinner in the romantic lounge above the pool: Wonderful ambience, candlelight, panoramic views and an exclusive dinner just for you!150.00 €

Romantic dinner in our vinotheque: Set against a candlelight backdrop, you will exclusively dine as a couple in our rustic vinotheque!150.00 €

Flower power: Small bouquet of flowers (order the day before).....65.00 €

Flower Power premium: Large bouquet of flowers85.00 €

Body food surprise: Sparkling extras - and something sweet for the whole body, served in your room. Whipped cream, strawberries, honey, ice cubes, 1 bottle of Rosé Prosecco49.00 €

Private Sky-Pool: Exclusive, just for the two of you: enjoy **exclusive access to the Infinity Sky Pool** from 11 pm to midnight! Surprise call in your room at 10.45pm. We accompany you from the room to the private pool - as a surprise. Experience pure togetherness against a backdrop of romantic music and candlelight until midnight. 1 bottle of Champagne (0.375 l) will be waiting for you.....170.00 €





FUNCTIONAL FITNESS HALL AT PREIDLHOF

The **first hotel functional hall in South Tyrol** was opened in the Sauna Tower⁶ on the 1st basement floor: Functional fitness is training with your own body weight. Functional training originated in high-performance sports with the aim of making professional athletes more resilient. **Our functional fitness equipment:** kettlebells, TRX slingtrainer, rope, plyoboxes, jump rope...

MORE WORK-OUT ROOMS:

- **Fit&Fun Cardio Fitness Pavilion** with the latest cardio equipment, directly by the outdoor pool
- **Meditation pavilion "Giardino"** for yoga, meditation etc., in the garden at the Sonnenschlössl



HRV-HEART RATE VARIABILITY WITH DR. ANGERER

Heart Rate Variability is a biofeedback tool that enables you to view your stress levels, your resilience and ability to overcome stress, and to gauge on a monitor how your various organs respond to the life you lead.

The HRV analysis provides valuable information on your quality of sleep, on the times in the day in which your energy is higher, and also provides interesting insights into your biological age relative to your actual age.

"People often get used to stress and tension. Through these engaging and interactive investigation methods, I have the opportunity to show what the most suitable living conditions should be to stay healthy" Dr. Angerer.

Duration: 25 minutes **Cost:** € 98.00

Consultation with Dr. Angerer:

Duration: 25 minutes **Cost:** € 98.00

Duration: 50 minutes **Cost:** € 196.00



PREIDL MEDSPA „THE PREIDLHOF WAY“

Your wellness retreat Preidlhof has been dedicated to creating restorative holidays in the picturesque Merano region for over 50 years.

The team of the Preidl Med Spa is committed to **preventative health and health promotion**, offering an array of treatments to enhance our guests' quality of life. **Our treatments are tailored to each of our guests' individual needs.**

Preidlhof wellness retreat in Italy represents a new form of luxury beyond the material. Guests leave feeling revitalized and reconnected not only with themselves, but also with the nature that surrounds them. Boundless joys await in a **new culture of mindfulness celebrating the miracle of life.**

As one of Italy's most luxurious wellness destination, **Preidlhof offers a wealth of opportunities for recovery and self-healing:** a healthy creative dining experience, an abundance of activities, personalised treatments by exceptionally skilled therapists, and plenty of private space for relationships to unfold make your wellness retreat in Italy exceptional. Guests profit from our holistic and sustainable approach also in our health talks or workshops, designed by experts to equip participants with the knowledge required to **recreate the Preidlhof wellness experience at home.**

At the Preidlhof wellness retreat, health awareness and the joy of living combine in a sumptuous setting to create a wellness experience par excellence.



DEEP SEA RELAXATION ROOM a technological innovation unique to Preidlhof

Preidlhof's Deep Sea Relaxation Room was designed by inventor and audiologist Daniel Lathan to boost the effectiveness of body treatments and promote relaxation. It received the European Health & Spa Award for Innovation. Give up interpretation to deeper relaxation and creativity. Explore the depths of the ocean and the vastness of the universe solely through light and sound.

DEEP SEA is the culmination of Lathan's deep experience and knowledge in psychology, meditation, creativity, relaxation, design, and personal development.

Experience it for yourself!

Location: Sauna Tower, 1st floor

Duration: 15 minutes, **Cost:** €19.00

Tickets available at the reception or SPA reception





SKIING AREA MERANO 2000 1670m – 2300m

The Merano 2000 ski area is situated above the glamorous town of Merano in a wonderfully sunny location. Elegant turns can be made on the slopes and the toboggan run is very popular, thanks to its always well-kept condition.

40 min. from Preidlhof

Lifts: 7

Slopes: 40 km

Cross-country ski runs: 3 km

Toboggan run: 3.8 km

CROSS-COUNTRY SKIING AREA - VALLE MARTELLO 1700m

The Martell Valley with its unspoilt naturalness presents itself to the passionate cross-country skier as a first-class cross-country skiing and biathlon centre. Due to its altitude, it is one of the most snow-sure areas in the entire Alpine region with snow from the end of November to the end of March. The 12 km long cross-country trail with various degrees of difficulty will make even athletic runners work up quite a sweat.

35 min. from Preidlhof



SKIING AREA GLACIERS VAL SENALES 2011m – 3212m

A magnificent panorama, perfectly groomed pistes and pure powder snow ensure wonderful skiing pleasure. A popular meeting place for snowboarders, freestylers and freeriders is the extended fun park. The equipment can be rented on site.

30 min. from Preidlhof

Lifts: 11

Slopes: 35 km

Cross-country skiing: 3 km

Toboggan run: 3.3 km

SKIING AREA SOLDA AT ORTLES 1.900m - 3.250m

With the most modern mountain railways without waiting times in a paradise of snow, sun, fun and lots of pleasure. A skiing area that is hard to beat in terms of snow reliability, variety and preparation, embedded in a magnificent mountain and glacier world will make your holiday an unforgettable experience. Thanks to the altitude, snow is guaranteed from November to April! Snowboarders will find a half pipe and a fun park for all freestylers near the Madritsch mountain hut.

60 min. from Preidlhof

Lifts: 11

Slopes: 44 km

Cross-country skiing: 7 km

Toboggan run: 2 km



SKIING AREA SCHWEMMALM VAL D'ULTIMO 1200m - 2200m

The sunny but snow-sure Schwemmalm ski area is located above the village of Kuppelwies in the Val D'Ultimo. Above all, demanding and experienced skiers appreciate the perfectly prepared slopes of the skiing area.

60 min. from Preidlhof

Lifts: 6

Slopes: 20 km

Cross-country ski trails: 12 km

Toboggan run: 3.4 km

SKIING AREA WATLES VAL VENOSTA 1740m - 2500m

60 min. from Preidlhof

Lifts: 3

Slopes: 18 km

Cross-country skiing trails: 15 km

Toboggan run: 4 km

SKIING AREA SCHÖNEBEN RESIA 1450m - 2390m

60 min. from Preidlhof

Lifts: 15

Slopes: 65 km

Cross-country skiing trails: 20 km

Toboggan run: 3.4 km

USEFUL DETAILS

Preidlhof Culinary:

Breakfast: 08.00 – 12.00
Vitality buffet 13.00 – 16.00
Dinner: 19.00 – 20.30

Dresscode:

We kindly ask our guests not to come to breakfast and dinner in their bathrobe and not to stay in their bathrobe at the hotel bar after 6pm. For dinner, we welcome elegant, discreet evening attire to emphasise the flair of the house. (no short trousers, no bathing sandals, no tracksuits).

Pillows à la carte:

15 different feel-good pillows and 6 different mattress pads to borrow (order at reception).

Better Sleep Basket

A special basket filled with various sleep aids - available on loan (please order it at the reception). Contents: E-book, music to relax to, a fragrance lamp a dream catcher, ear plugs...

Newspapers:

You can find a large selection of daily newspapers, magazines & journals online, free of charge :



Wi-Fi

Wi-Fi is free of charge and is available throughout of all the hotel grounds. The Wi-Fi is switched off between midnight and 7am to ensure healthy sleep. The Internet can be accessed via the cable next to the TV during this time.

Check-In: Our rooms are ready for check-in from 2pm.

Check-Out: We kindly ask you to vacate the room by 11am on the day of departure.

Preidlhof Souvenirs Shop:

next to the reception, open daily from 7am - 7pm.

All souvenirs that are not displayed in the shop (vinegar, oils, bacon, honey etc.) should be ordered at the reception until the evening before departure.



OPENING HOURS BEAUTY & SPA

Pools

Outdoor Summer Pool (5°).....	7am – 11pm
Outdoor Panorama Pool (35° - all-year).....	7am – 11pm
Outdoor Whirlpool by the Panorama Pool (34° - all-year).....	7am – 11pm
Outdoor Relax Pool (Dress-on pool at the "Schwarzbrennersauna" 5°).....	7am – 11pm
Private Outdoor SPA (Dress-on Whirlpools near the "Schwarzbrennersauna" 36°).....	7am – 11pm
Outdoor Whirlpool ("Zitronenhain" 37°).....	7am – 11pm
Indoor Termal Water Pool (31° - all-year, in our DolceVita Lodge).....	7am – 11pm
Outdoor Salt Water Pool (Sauna-Tower 36°all-year , 3% salt)	9am – 11pm
Sky-Infinity-Sportpool (29°).....	7am – 11pm
XXL Whirlpool on the Rooftop Spa (36°).....	9am – 11pm

Indoor-Saunas in the Sauna-Tower⁶

Wine sauna (70°) Sauna Tower ground floor	9 am – 11pm
Steam bath (45°) Sauna Tower ground floor	9 am – 11pm
Element sauna (60°) Sauna Tower ground floor	9 am – 11pm
Salt lounge (35°) Sauna Tower first floor.....	9 am – 11pm
Show sauna (85°) Sauna Tower third floor.....	9 am – 11pm
Olive sauna (60°) Sauna Tower third floor.....	9 am – 11pm

Outdoor:

"Schwarzbrenner Sauna" (Dress-on-sauna 55-60°) near the outdoor Pool
.....9am – 11pm

Preidl SPA & Preidl MedSPA8.30am – 7.30pm

Fitness room (near the outdoor Pool)
& Functional Fitness Hall (in the Sauna Tower –1)7am – 11pm

