

13.04.2024 - 19.04.2024

Mountain bike weeks with 315 days of sunshine

E-bike days “Land & People” for pleasure cyclists in the Merano region

Apple blossom week

E-Bike Blooming Days

Sat, 13.04.2024

Culinary	07:30 - 11:00 Sweet temptation We welcome you this morning to the special breakfast sweet temptation!	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 Naturno at the main square of Naturno		
Biking	10:00 - 15:00 E-Mountainbike tour of the Marlinger Berg Km: about 42km Mm: about 1200m Costs: 25€ Registration at the reception.		
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C. 18:00 Diego, the caretaker Show 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 Marble Scrub Scrub in the steam sauna on the ground floor at 45°C.

Sun, 14.04.2024

Event hotel	<div><div>10:05 DolceVita-Experience Excursion to the award-winning gardens of Trauttmansdorff Castle Meeting point: Reception Price: €30 shuttle + €16 entrance fee (+65 years €14) Registration at the reception</div><div>21:00 - 23:00 Live music with Birgit & Friends at the hotel bar</div></div>			
Culinary	<div><div>07:30 - 16:00 Exclusive Sunday brunch We welcome you this morning for an exclusive Sunday brunch!</div><div>17:00 Wine tasting with our sommelier Francesco Meeting place: at 5 p.m. in the wine cellar Registration at the reception</div><div>19:00 - 20:30 Fine Dining Gala Dinner</div></div>			
Wellness & SPA	<div><div>14:00 Know more about Ayurveda Including Pada Abhyanga, an Ayurvedic foot massage. Meeting point: PreidlSpa reception Duration: 15 minutes - Free of charge Limited availability! Registration at the spa reception until 1.00 p.m.</div><div>15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C.</div><div>16:00 Herbal Scrub Scrub in the steam sauna on the ground floor at 45°C.</div><div>17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.</div></div>			
Fitness	<div><div>09:00 - 11:00 Active counter Advice from our fitness coaches at the reception</div><div>11:15 - 12:00 AquaGym Meeting point: Fitness Meeting Point, in front of the gym</div><div>12:45 - 13:30 Fascia Release Meeting point: Fitness Meeting Point, in front of the gym</div><div>13:45 - 14:30 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym</div></div>			

Mon, 15.04.2024

Culinary	07:30 - 11:00 Exotic fruit parade The fresh, fruity start to the day	13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking	17:00 Wine tasting with our sommelier Francesco Meeting place: at 5 p.m. in the wine cellar Registration at the reception	19:00 - 20:30 Gourmet dinner
Hiking	10:00 Coldrano Panorama Trail with our tourguide Philipp Altitude diff.: 400 Hiking time: 2,45 Inscription at the reception!			
Event region	16:20 Bikeshuttle S. Martino/Val Passiria - Naturno Costs: 22,00€ per person Registration at the reception. Meeting point: at 16:20 p.m. Tennis Camp San Martino val Passiria	16:30 Bikeshuttle from the Lake Caldaro to Naturno Costs: 22,00 € Registration at the reception. Meeting point: 4:30 p.m. Bus Parking/St. Josef - Lake Caldaro		
Biking	10:00 - 14:00 Technique Training Basic Course Km: about 15km Hm: about 200m costs: 25,00 € Registration at the reception.	10:00 - 14:00 Pleasure Bike Tour: All castles and palaces and off to the vegetable garden km: approx. 33km hm: approx. 80m Costs: €10,00 Registration at the reception	10:00 - 15:00 E-Mountainbike Trailtour on both sides of the valley Km: about 35km Mm: about 1200m Costs: 25,00€ Registration at the reception.	15:00 - 17:00 Open Monday afternoon at the technique training area with bike informations about tours and the weekly programm No registration needed!
Wellness & SPA	14:00 "SEMI-PERMANENT COSMETICS" info meeting Meeting place: Library No registration required 18:00 Tiroler Show Aufguss in the show sauna at 85° on the 3rd floor.	15:00 Hot & Frozen in the steam bath & wine sauna on the ground floor.	17:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.	17:30 Banana Scrub Scrub in the steam sauna on the ground floor.
Fitness	08:00 - 08:45 AquaGym Meeting point: Fitness Meeting Point, in front of the gym 13:45 - 14:30 Gentle Stretching Meeting point: Fitness Meeting Point, in front of the gym	09:00 - 11:00 Active counter Advice from our fitness coaches at the reception	11:15 - 12:00 Full Body Workout Meeting point: Fitness Meeting Point, in front of the gym	12:45 - 13:30 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym

Tue, 16.04.2024

Event hotel	18:00 - 19:00 Cocktail Happy Hour "2 for 1" for selected cocktails at the hotel bar				21:00 - 23:00 Live music with Charly one man band at the bar			
Culinary	07:30 - 11:00 Bella Italia The Italian Breakfast		13:00 - 16:00 Vitality Buffet with Live Show Cooking with Live-Show Cooking		19:00 - 20:30 South Tyrol Love Dinner with local dishes			
Event region	09:00 Bikeshuttle from Naturno to Glorenza or Curon, Lake Reschen Costs: to Glorenza 17,00€ / to Curon 22,00€ Meeting point: at 9:00 a.m. at the underground car park exit Registration at the reception.							
Biking	10:00 - 14:00 Advanced Mountainbike Technique Training Course Km: about 20km Hm: about 300m Costs: 25€ Registration at the reception!		10:00 - 15:30 E-Mountainbike Tour: the Monte Sole Venosta panoramic road km: about 45km HM: about 700m-1200m Costs: 25€ tour + 15€ bikeshuttle Registration at the reception desk		10:15 DolceVita e-bike pleasure tour from Merano to Rametz Castle Meeting point: 10.15 a.m. at the garage exit KM: approx. 45 Meters in altitude: approx. 600. Costs: 27€. Registration at the reception.		11:00 - 14:00 Road Bike Tour - Highlight Vinschgau Km: about 57km Hm: about 450m Costs: 25,00 € Registration at the reception.	
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C. 18:00 Japan Show Aufguss in the show sauna at 85° on the 3rd floor.		15:00 Mini Hamam In the steam sauna on the first floor at 45° C. Registration on tuesday from 9am to 1pm in front of the steam bath in the sauna tower		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	09:00 - 11:00 Active counter Advice from our fitness coaches at the reception 13:30 - 14:15 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym		11:15 - 12:00 AquaGym Meeting point: Fitness Meeting Point, in front of the gym 13:45 - 14:45 Hatha yoga Meeting point: Fitness Meeting Point, in front of the gym		12:30 - 13:30 Kundalini Yoga Meeting point: Fitness Meeting Point, in front of the gym		12:45 - 13:15 Mobility Snack Meeting point: Fitness Meeting Point, in front of the gym	

Wed, 17.04.2024

Event hotel	10:00 DolceVita excursion: Wine & apple tour Meeting point: Reception at 10.00 a.m. Registration until Tuesday at 21.45 p.m. Price: €24				19:00 Art exhibition of the Pircher woodcarving workshop from Rablá in front of the restaurant entrance.			
Culinary	07:30 - 11:00 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 Bikeshuttle from the Lake Caldaro to Naturno Costs: 22,00 € Registration at the reception. Meeting point: 4:30 p.m. Bus Parking/St. Josef - Lake Caldaro							
Biking	09:30 - 15:00 Mountainbike Panoramic Trailtour on the Monte Sole Km: about 43km Hm: about 1000m Costs: €25 Registration at the reception.		10:00 - 14:00 Technique Training Basic Course Km: about 15km Hm: about 200m costs: 25,00 € Registration at the reception.		10:00 - 15:00 E-Mountainbike tour: The Monte Sole of Lower Val Venosta km:about 44km HM: about 1000m Costs: 25€ Registration at the reception desk			
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C. 18:00 Around the World Show Aufguss in the show sauna at 85° on the 3rd floor.		16:00 Classic Aufguss in the show sauna on the 3rd floor at 85°C.		17:00 Smoke Ritual Smoke ritual in the show sauna with 85°C on the 3rd floor.		17:30 Tea Experience Scrub in the steam sauna on the ground floor with 45°C.	
Fitness	08:00 - 08:45 Sound Healing Meeting point: Fitness Meeting Point, in front of the gym 13:00 - 13:45 TRX Workout Meeting point: Fitness Meeting Point, in front of the gym		09:00 - 11:00 Active counter Advice from our fitness coaches at the reception 14:00 - 14:30 Mobility Snack Meeting point: Fitness Meeting Point, in front of the gym		11:15 - 11:45 Dragon Flow Meeting point: Fitness Meeting Point, in front of the fitness room 14:45 - 15:30 Full Body Workout 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 15:45 - 16:30 Fascia Release Meeting point: Fitness Meeting Point, in front of the gym	

Thu, 18.04.2024

Event hotel	21:00 - 23:00 Live music with Marco at the bar			
Culinary	07:30 - 11:00 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	
Hiking	10:00 Spring hike from Naturno via the Gsindboden to Tablá with guide michl Altitude difference: ca. 300m Hiking time: 3h Registration at the reception!			
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.			
Biking	10:00 - 14:00 E-Mountainbike Technical training for advanced Km: about 25km Hm: about 600m Costs: 25€ Registration at the reception!	10:00 - 16:00 Pleasure E-bike tour to the Lake of Caldaro - "The Most Beautiful Wine Villages of South Tyrol" km: about 46km hm: about 450m Price: 10€ tour + 15€ bikeshuttle Registration at the reception.	11:00 - 14:00 Road Bike Tour - Highlight Merano and surroundings Km: about 65km Hm: about 500m Costs: 25,00 € Registration at the reception.	
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C.	16:00 Mojito 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 Girl Power Team Show Aufguss in the Show Sauna at 85° on the 3rd floor.
Fitness	09:00 - 11:00 Active counter Advice from our fitness coaches at the reception 14:00 - 15:00 LatinoFit Meeting point: Fitness Meeting Point, in front of the gym	11:15 - 12:00 AquaGym Meeting point: Fitness Meeting Point, in front of the gym 15:15 - 16:15 Healthy Back Meeting Point: Fitness Meeting Point, in front of the gym	12:45 - 13:15 Mobility Snack Meeting point: Fitness Meeting Point, in front of the gym	13:30 - 14:15 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym

Fri, 19.04.2024

Culinary	07:30 - 11:00 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
Hiking	04:30 Sunrise tour at the "Rabensteiner Schupf" with hiking guide Reinald Altitude difference: 290 Pure walking time: 2 h Registration at the reception!		
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 Meeting point: 4 p.m. at the bus parking lot, Piazza Terme Merano, Via Piave Costs: €12 Registration at the reception.	
Biking	09:30 - 16:00 Mountainbike-tour: "Burggrafen" Trails Km: 28km Hm: 800m Costs: 25€ tour + 15€ bikeshuttle Registration at the reception.	09:30 - 16:00 E-mountainbike tour: Burgraves Trails Panorama Km: ca. 35km Hm: ca. 900m Costs: 25€ tour+ 15€ Bikeshuttle Registration at the reception.	
Wellness & SPA	15:00 Warm up Aufguss in the wine sauna on the ground floor with 70°C. 18:00 ABBA Show 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. 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 14:00 - 15:00 FUNctional Circuit Meeting point: Fitness Meeting Point, in front of the gym	09:00 - 11:00 Active counter Advice from our fitness coaches at the reception 15:15 - 16:15 Yin Yoga Meeting point: Fitness Meeting Point, in front of the gym	11:15 - 12:15 Hatha yoga 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.