

Activity Programme with your vitality trainer Heidi

Monday

8.15am

Ball fitness

Light exercise with a ball
Duration: 20-30 minutes

9.30am

Star hiking tour:

Destination:

Gabühl-Hut

Walking time:

The oldest and youngest participants will receive a prize.

Altitude:

3.5 hours

Type of road:

ca. 500 metres

4pm

forest road, meadow and forest paths

Hiking tour meet-up at the hotel bar

All the information you need for hiking
(hiking bus time table, open chalets and huts, cable cars etc)

5pm

Good sleep can be trained, measured and is definitely not up to fate

- ☺ Sleep as the basis
- ☺ How much sleep do you need?
- ☺ Sleep disorder
- ☺ Sleeping and dreaming

Tuesday

8.15am

Shake to Relax

At the gym

9.30am

Picnic at the Lärch alpine chalet

Walking time:

Stegmoosalm chalet-Erich hut-Lärch hut

Altitude:

ca. 2.5 hours loop hike

Type of path:

ca. 250 metres

4pm

Forest road, forest path

Spine & Back fitness

At the gym

Wednesday

7am

Early bird hiking tour:

After a 45 minute hike a wonderful mountain breakfast awaits us

Cost: 7€ per person

Registration: No later than Tuesday 5pm please

Walking time:

Afterwards we will walk towards Arturhaus in the Mitterfeld Alpine meadow

Altitude:

ca. 3.5 hours loop hike

Type of road:

ca.170 metres

4pm

Forest roads and meadow tramping paths

Meditation at Almsee lake

The path of the 10 thoughts

Thursday

8.15am

Active morning awakening

Feel the power of nature

9.30am

Local mountain summit - Ahornstein

Walking time:

Zachhof-Alp-Ahornstein-Huber-alp

Altitude:

The Huber Alpine chalet is the oldest alpine chalet in the region, built in 1860.

Type of road:

All produce is home-made

4pm

ca. 3 hours loop hike

ca. 750 metres

Forest roads, forest and meadow paths

Ball fitness at the gym

Saturday

9.45am

Alpine farewell party with cattle drive down into the valley

Romantic ascent with brass band to the Bürglalm chalet

2.30pm

Sheep shearing at the Pichlalm chalet

Finish at the Pichlalm chalet
Returning home around 6pm

Sunday

9am

High Altitude hiking tour

Arthurhaus -Erich-hut

9:07am hiking bus!

Walking time:

ca. 3 hours

Altitude:

ca. 80 metres

Type of road:

tramping path

4pm

Meditation at the Sonnalm relaxation area

5pm

Seg-Way Introduction at the tennis court

Sometimes it happens that a hiking group is not back at the hotel at the estimated time. In that case the fitness hour is usually cancelled.

The right to make changes is reserved.

I am looking forward to meeting you.

Your vitality trainer Heidi

All changes reserved.

