

Warme Küche

Täglich durchgehend warme à la Carte Küche
von **12.00 Uhr bis 17.00 Uhr**
in unserem Restaurant.

Unser Tipp:

AROSEA Club Sandwich

(Paarlbrötchen, Fichtensprossenmayonnaise, Salat, gekochtes Ei,
Tomate, Hühnerbrust, gebackene Zwiebelringe, Speck)

1 Club Sandwich € 11,00



Warm cuisine

Non-stop warm cuisine à la carte available
every day from 12:00 until 17:00
in our restaurant.

Our Tip:

AROSEA Club Sandwich

(Paarlbrötchen, spruce seedling mayonnaise, salad, boiled egg,
tomato, chicken breast, fried onion rings, bacon)

1 Club Sandwich 13,-€



Tension and relaxation program

Your feeling better, staying in shape
and enjoying relaxation program!



Monday 06 th May	Tuesday 07 th May	Wednesday 08 th May	Thursday 09 th May	Friday 10 th May	Saturday 11 th May	Sunday 12 th May
<p>ULTNER BROT</p> <p>The bakery „Ultner Brot“ is a real milestone in Tirol. Respect for the tradition and search for ancient recipes and processes are the main concern of the master baker Schwienbacher who has now gained international reputation.</p>  <p>“Ultner Höfeweg”</p> <p>Hike rout through farmhouses in the Ulten Valley</p> <p>The trail leads along many traditional farms through forests and meadows and is a great way of discovering the valley’s oldest and most beautiful farm houses.</p> <p>You will feel transported back to a simpler age and admire the beautiful houses with their shingle roofs, lakes and gardens.</p>	<p>02.30 – 03.20 a.m.</p> <p>Stretching with our physical therapist Theo</p> <p>Please sign up at the reception</p> <p>The National Park Center in the Ulten Valley “Lahner Säge”</p> <p>Humans, as well as nature rendezvous at the Nationalparkhaus Lahnersäge near St. Gertraud. The subject of ‘wood’ and the development and life of a tree, from its origin to a finished blank or board are demonstrated in a renovated Venetian sawmill. This mill also comes to life while grinding the grain ... until it is flour. In addition, the exhibition talks in detail about the forest and its protective and useful functions.</p> 	<p>09.00 to 09.40 a.m.</p> <p>ROSARIUM</p> <p>Info hour in our beauty center</p> <p>with Martha</p> <p>Please sign up at the reception</p>  <p>Detox – Honey back massage</p> <p>The nurturing and protecting honey massage helps blood circulation and uses the back’s reflexes to create harmony in all of your organs. Your whole body is stimulated and revitalised, while your energy balance is restored and toxins are eliminated.</p> <p>During 55 minutes Price Euro 72,00.-</p> 	<p>The saunas open at 11.00 a.m.</p> <p>Our saunas are open from 11.00 a.m. to 7. 30 p.m.</p>  <p>E - Mountain BIKE</p> <p>€ 34,00/day</p> <p>Fat- Bike</p> <p>€39,00/day</p> <p>Rental directly at the front desk</p>  <p>Warm cuisine Non stop</p> <p>Non-stop warm cuisine à la carte available every day from 12:00 until 17:00 in our restaurant.</p> 	<p>02.30 – 03.20 a.m.</p> <p>Stretching with our physical therapist Theo</p> <p>Please sign up at the reception</p> <p>Labyrinth and vineyard Kränzle</p>  <p>The garden itself is a piece of art which develops constantly. It is full of growth, change and transformation. The target group for the labyrinth garden are people with interests in nature, culture, art and wine. But also families with children who are looking for thoughtful recreation and relief enjoy the garden to every extent. The visitors are welcome to explore the hidden astral symbolism</p> <p>Opening hours: every day 09.30 – 19.00</p>	<p>09.00 – 09.50 a.m.</p> <p>ALB (Abdomen-Legs-Bottom) with Thomas</p> <p>Please sign up at the reception</p> <p>The gardens of Trauttmansdorff Castle</p> <p>The Gardens of Trauttmansdorff Castle, located in the town of Merano (Meran) in northern Italy, is a botanical garden nestled into a twelve-hectare amphitheatre with an altitude differential of 100meters. Trauttmansdorff offers spectacular views of exotic gardens and breathtaking vistas of the surrounding mountains and the spa resort town of Merano.</p> 	<p>Breuss – Massage</p> <p>The Breuss massage is an energetic spinal massage that gently loosens and stretches the spine and sacrum.</p> <p>This method is especially effective for spinal disc complaints. The massage, developed by Rudolf Breuss, will make your spinal discs supple and more elastic. This is achieved through the special technique and application of St. John’s wort oil.</p> <p>During 55 minutes Price Euro 73,00</p> 
	<p>04.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo</p> <p>Aroma: Lavender</p>	<p>04.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo</p> <p>Aroma: Tee tree</p>		<p>04.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo</p> <p>Aroma: lemon</p>	<p>04.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo</p> <p>Aroma: Eucalyptus</p>	<p>04.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo</p> <p>Aroma: Juniper</p>

Please sign up the day before within 6 p.m. for each event