

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 11,-€



Tension and relaxation program

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



Monday 23 rd July	Tuesday 24 th July	Wednesday 25 th July	Thursday 26 th July	Friday 27 th July	Saturday 28 th July	Sunday 29 th July
<p>08.30 - 09.20 a.m.</p> <p>Postural gymnastics</p> <p>Harmonize posture imbalances to reduce constant muscular soreness with Debora</p> <p>Please sign up at the reception</p>	<p>2.30 to 3.20 a.m.</p> <p>Stretching with our physical therapist Theo</p> <p>Please sign up at the reception</p>	<p>2.30 to 3.20 p.m.</p> <p>Yoga for beginners with our physical therapist Theo</p> <p>Please sign up at the reception</p>	<p>08.30 – 09.20 a.m.</p> <p>Acqua Balance Water Exercise for global wellness with Debora</p> <p>Please sign up at the reception</p>	<p>08.30 - 09.20 a.m.</p> <p>Breath & Stretch Breath exercises and stretching with Debora</p> <p>Please sign up at the reception</p>	<p>09.30 to 09.20 a.m.</p> <p>Gymnastics for your back with Debora</p> <p>Please sign up at the reception</p>	<p>08.30 – 09.20 a.m.</p> <p>Acqua Balance Water Exercise for global wellness with Debora</p> <p>Please sign up at the reception</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>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>KNEIPP OASES TRAIL</p> <p>On the Kneipp Oases trail along the lake shore at the Zogger artificial lake an exciting course with pond, paddling pool and resting oases is created. It is a pleasurable, contemplative hike and you will be inspired by the five creative installations along the way.</p> <p>Ideal promenade with baby carriage.</p>	<p>Hiking suggestion: HOHER DIEB</p> <p>start: Simian arrival: Hoher Dieb</p> <p>Going : ca. 3 hours Way back: ca. 2 hours</p> <p>1.004 altitude meters 6,3 km</p> 	<p>5.30 to 6.30 p.m.</p> <p>Yoga with Alex Parmeggiani</p> <p>Minimum of participants: 4 people</p> <p>Please sign up at the reception</p> 	<p>Hiking suggestion: NAGELSTEIN</p> <p>start: Weißbrunnsee arrival: Nagelstein</p> <p>Going: ca. 2,5 hours way back: ca. 2 hours</p> <p>590 altitudemeters 9,2 km</p>	<p>Hiking suggestion HÖCHSTERHÜTTE</p> <p>start: Weißbrunnsee arrival: Höchster Hütte</p> <p>Going: ca. 3,5 hours way back: ca. 1 hour</p> <p>700 Höhenmeter 10,1 km</p> 
<p>Carriage ride:</p> 	<p>Our Tip: AROSEA Club Sandwich (Paarlbröt, spruce seedling mayonnaise, salad, boiled egg, tomato, chicken breast, fried onion rings, bacon)</p> <p>1 Club Sandwich 11,-€</p>	<p>Mountainbike Suggestion SPITZENALM</p> <p>start: Dam arrival: Spitzenalp</p> <p>trail: 15,8 km time: 2,0 hours altitude meters: 710</p> 	<p>Mountainbike Suggestion SCHWEMMALM</p> <p>start: AROSEA arrival: Außere Schwemmalm</p> <p>trail: 20,9 Km time: 2,5 hours altitude meters: 1.030</p>	<p>4.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Bergamot</p> 	<p>“Ultner Urlärchen” Primary Larchs in the Ulten Valley</p> <p>The Urlärchen are in the last village of the valley, in St. Gertraud. The village lies at 1,500 m above sea level and is surrounded by many old farms and the still older Ultner Urlärchen. They are among the oldest conifers in Europe.</p>	<p>E-Bike Suggestion ARZKARSEE</p> <p>start: AROSEA arrival: Arzkarsee trail: 32,0 km altitude meters: 1.190</p>
<p>Book a carriage ride from Weißbrunn to Fiechtalm.</p> <p>Information and Reservation under +39 348 3101250 +39 348 7507502</p>	<p>AROSEA BIKE RENTAL Mountainbike</p> <p>FREE E - Mountain BIKE</p> <p>€ 30,00 / day Rental directly at the front desk</p>	<p>4.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo Aroma: Lavender</p>	<p>4.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Orange</p>	<p>4.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo Aroma: Juniper</p>	<p>4.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Eucalyptus</p>	<p>4.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Tee tree</p>
<p>4.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Peppermint</p>	<p>4.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo Aroma: Lemon</p>	<p>4.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo Aroma: Lavender</p>	<p>4.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Orange</p>	<p>5.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo Aroma: Larch</p>	<p>5.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Eucalyptus</p>	<p>5.15 p.m.</p> <p>Sauna Aufguss in the outdoor Finnish sauna with Theo Aroma: Cypress</p>

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