



### Active program Hotel Pfösl

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09.00-11.00 Free access to the Driving range Petersberg	09.30 - 11.30 Nordic Walking basic course with Peter – tourism officeDeutschnofen	09.00-09.30 Acqua Gym in our swimming pool	09.30-10.30 Nordic Walking with next Stretching outside with Barbara	09.00-09.30 Exercises after 5 Tibetans outside	09.00-09.30 Acqua Gym in our swimming pool
	09.00-09.30 Bike-informations in the bar			09.00-09.30 Bike-informations in the bar	09.00-09.30 Bike-informations in the bar	
10.00-10.45 Mass in the church of Deutschnofen	09.00-16.00 Guided wandering with Sepp to the Hanicker Schwaige	09.00-16.00 Guided wandering with Sepp to the Latemar	09.00-16.00 Guided wandering with Sepp to the Rosengarten	09.00-16.00 Guided wandering with Sepp to the Laab alp	09.00-16.00 Guided wandering with Sepp to the Cigolade pass	in the morning: Big market at Bolzano (after the Talfer bridge)
	09.30-16.30 Guided mountainbike tour	09.30-16.30 Guided mountainbike tour	09.30-16.30 Guided mountainbike tour	09.30-16.30 Guided mountainbike tour	09.30-16.30 Guided mountainbike tour	09.30-16.30 Guided mountainbike tour
	10.00-11.00 Informations with spa guidance in our beauty center			10.30-11.30 Guided farm inspection of the "Bauer im Wald"	10.00-11.00 Informations with spa guidance in our beauty center	
15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack
	16.30 Vitalpina sauna infusion in the panoramic sauna	16.00 Vitalpina sauna infusion in the wellness area	15.00-17.00 Nordic Walking and stretching with Barbara	16.30 Vitalpina sauna infusion in the panoramic sauna		
	20.45 Slide show of the Bletterbach – Gran Canyon				21.00 Live musik at the hotel bar	