



AT - Active Outdoor Week

...with Sauna Event Specials

adventurous | unforgettable | varied

12.05.2024 - 17.05.2024



My spring love story...

During this special event week, our local experts Axl, Toni, Daniel and Zenzi will take you on wonderful excursions to lakes and the sea, breathtaking hikes, interesting trail courses and special sauna events every day. Climb the most beautiful peaks with us, cycle to our favorite places and enjoy numerous other adventurous outdoor activities.

After your adventures, Jacqueline and Rob Keijzer invite you to refreshing infusion rituals that will delight you.

at - outdoor - active - week highlights:

sunday

AT 7.⁰⁰ PM

Presentation of the AT Outdoor Active Week

monday

AT 8.⁰⁰ AM

Experience excursion: Lake Kaltern with wine tasting

AT 9.⁰⁰ AM

Hike to the mount Strudelkopf

AT 9.⁰⁰ AM

Course: archery with Michi

AT 10.³⁰ AM & 11.³⁰ AM

Infusion with breathing techniques & cold water application

FROM 2.¹⁵ PM

Hourly highlight theme infusions in our experience sauna, panorama sauna and steam bath with the AT sauna team & Rob and Jaqueline Keijzer

tuesday

AT 7.⁰⁰ AM

Experience excursion: Dolce Vita on Lake Garda - the dream lake

AT 9.⁰⁰ AM

Summit hike to the Rosskogel

AT 9.³⁰ AM

E-bike tour to the Dürren Lake

AT 9.³⁰ AM

Tennis trial course with Lukas

AT 10.³⁰ AM

Banja with Rob

AT 10.³⁰ AM

Sound journey with Jaqueline

AT 11.³⁰ AM

Banja with Rob

AT 11.³⁰ AM

Sound journey with Jaqueline

FROM 2.¹⁵ PM

Hourly highlight theme infusions in our experience sauna, panorama sauna and steam bath with the AT sauna team & Rob and Jaqueline Keijzer

wednesday

AT 7.³⁰ AM

Experience excursion: to the Val Gardena sculptor Simon Oberbacher and the beautiful Lake Carezza (Lago di Carezza)

AT 9.⁰⁰ AM

Hike from the Kreuzberg Pass to the Nemesalm in Sexten

AT 9.³⁰ AM

Ride on the longest zipline in Europe with Axl

AT 10.³⁰ AM

Lava peeling in the steam bath with Jaqueline

FROM 2.¹⁵ PM

Hourly highlight theme infusions in our experience sauna, panorama sauna and steam bath with the AT sauna team & Rob and Jaqueline Keijzer

thursday

AT 7.⁰⁰ AM

Experience excursion: Venice - the city of love

AT 9.⁰⁰ AM

Hike to the waterfalls of Reinbach and visit to Taufers Castle

AT 9.³⁰ AM

Fishing in the Antholz Valley with Axl

AT 10.³⁰ AM

Viking Banja with Rob Keijzer & Daniel

FROM 2.¹⁵ PM

The long sauna night! Extraordinary infusions every hour from 2 pm to midnight

friday

AT 8.³⁰ AM

Highlight final hike on our energy mountain, the "Dürrenstein"

AT 9.⁰⁰ AM

Hike to the Kofleralm and visit to the Koflerhof bio-farm

AT 9.³⁰ AM

Golf trial course with golf instructor Antonio and Simon

FROM 2.¹⁵ PM

Hourly highlight theme infusions in our experience sauna, panorama sauna and steam bath with the AT sauna team & Rob and Jaqueline Keijzer

saturday

AT 8.³⁰ AM

Experience excursion: to Lake Federa with Daniel

Sunday

Presentation of the AT Outdoor Active Week at 7.00 pm in the hotel lobby. Our hiking guides will introduce you to our varied program of the AT- Outdoor Active Week with a glass of Prosecco or a cool beer. 😊

Monday

Experience excursion: excursion with Anton to Lake Kaltern

Good food, exquisite wines, a cozy get-together and simply feeling well is the focus of this excursion.

We enjoy the wonderful landscape around the warmest bathing lake of the Alps, this is located in a sunny position in the middle of the vineyards on the South Tyrolean Wine Road. During a leisurely walk around the lake, we explore the nature reserve and the biotope Kalterer See. With a light lunch, everyone as he wants, with lake view we can enjoy it all around. In the afternoon we will visit the traditional winery Manincor at Lake Kaltern. During the winery tour we will have the opportunity to learn more about the production and history of wine. An experience for all wine lovers is the subsequent tasting.

Start: 8.00 am | **Return:** ca. 05.00 pm | **Registration:** 7.00 pm the day before
Costs: 30,-€ for the winery tour with wine tasting

AT hike with Axl to the beautiful mountain Strudelkopf with dream view

Experience a wonderful hike to the Homecoming Cross and enjoy the unique view of the Three Peaks. The starting point of the hike is Prato Piazza at 1,990 m. In the heart of the nature reserve - Fanes Sennes Braies we start our hike to the hut Dürrensteinalm. On pleasant hiking trails we continue in a beautiful natural landscape towards the Homecoming Cross.

Start: 9.00 am | **Return:** ca. 3.00 pm | **Difficulty:** easy
Distance: 10 km | **Walking time:** ca. 3,5 h | **Altitude difference:** 320 asl
Board: snack | **Travel time:** 20 minutes | **Registration:** 7.00 pm the day before
Equipment: hiking boots, backpack, water bottle, snack, sun or rain protection, hiking poles

Something different... Archery in Valdaora with Michi

Start: 9.00 am | **Return:** ca. 1.00 pm | **Registration:** 7.00 pm the day before

Infusion rituals

10.30 am: Infusion with breathing techniques & cold water application

Registration: 7.00 pm the day before

11.30 am: Infusion with breathing techniques & cold water application

Registration: 7.00 pm the day before

Experience hourly highlight theme infusions in our adventure sauna from 2.15 pm, the panorama sauna and the steam bath with the AT sauna team, Rob and Jaqueline Keijzer



Tuesday

Experience excursion: Dolce Vita on Lake Garda with Axl

No other lake is as popular as the largest lake in Italy. No wonder, because no other lake has so much variety to offer as the Lake Garda.

No matter in which corner of the lake you stay, the atmosphere is simply dreamlike. Here begins Dolce Vita and you can really let your soul dangle. With the hotel shuttle we drive in the morning to Lake Garda. Our destination is the charming town of Bardolino. The small town of Bardolino is primarily known for the eponymous and extremely popular red wine grown in the immediate hinterland. The town is located on the eastern shore of Lake Garda and offers a breathtaking view over the lake and the surrounding hills. In the old town you will find narrow streets, cobbled squares and historic buildings. The strolling and shopping streets invite you to stroll and offer a wide selection of stores, cafes and restaurants. The waterfront promenade is a popular place to walk and offers a beautiful view over the lake.

After enjoying "la Dolce Vita", we return to Taisten.

Start: 07.00 am | **Return:** ca. 6.00 pm | **Registration:** 7.00 pm the day before

Costs: 50,-€ for a boat trip on the Garda lake



Summit hike with Anton on the Rosskogel near Dobbiaco

The starting point of our moderately difficult hike is the Kurterhof in Frondeigen/Toblach. We hike up on the forest path to the left across the mountain meadows. Through sparse forest we reach open terrain and continue to climb up the gentle ridge. Over the ridge we soon climb up to the Rosskogel.

A magnificent 360° panoramic view is the reward for the ascent.

Start: 9.00 am | **Return:** ca. 3.00 pm | **Difficulty:** medium
Distance: 8 km | **Walking time:** ca. 4 h | **Altitude difference:** 500 asl
Board: snack | **Travel time:** 20 Minutes | **Registration:** 7.00 pm the day before
Equipment: hiking boots, backpack, water bottle, snack, sun or rain protection, hiking poles

E-Biketour to the lake Landro with Roman (40km)

Start: 9.30 am | **Return:** ca. 2.00 pm | **Registration:** 7.00 pm the day before

Tennis trial course with Lukas

Start: 9.30 am | **Return:** approx. midday | **Registration:** 7.00 pm the day before

Infusion rituals

10.30 am & 11.30 am: Banja with Rob Keijzer | **Registration:** 7.00 pm the day before

10.30 am & 11.30 am: Sound journey with Jaqueline Keijzer

Experience hourly highlight theme infusions in our adventure sauna from 2.15 pm on in the panorama sauna and the steam bath with the AT sauna team & Rob and Jaqueline Keijzer

Wednesday

Experience Excursion to the Gröden Woodturner & Sculptor Simon Oberbacher and Lake Carezza

Our journey begins with a visit to the renowned woodturner and sculptor Simon Oberbacher in Groden. Here, you have the unique opportunity to take a behind-the-scenes look at his workshop-like studio and observe the artist at work. Learn more about the centuries-old tradition of woodturning and carving in this region and be inspired by Oberbacher's unique artworks. After this fascinating cultural experience, our journey continues to the enchanting Lake Carezza, one of the most beautiful lakes in the Dolomites. Enjoy a leisurely stroll along the shore and let yourself be enchanted by the magical landscape of turquoise water surrounded by majestic mountains. Keep your camera ready to capture the spectacular views. After a shared lunch, we return to Taisten.

Start: 7.30 am | **Return:** ca. 4.00 pm | **Registration:** 7.00 pm the day before

Hike with Anton from the Passo Croce in Sesto to the Nemes Alp

Between the Carnic ridge and the Sesto Dolomites, the Sesto Valley stretches southward from the Puster Valley. At the southern end of the valley lies the Kreuzberg Pass (1,656 m) - border with the neighboring province of Veneto, which is also the starting point for our scenic hike. We start directly at the pass road and hike up to the Nemes Alm (1,877m), surrounded by a magnificent panorama of the Dolomite peaks (Sextner Rotwand, Hochbrunnerschneid, Elfer).

Start: 9.00 am		Return: ca. 3.00 pm		Difficulty: easy
Distance: 7,5 km		Walking time: ca. 3,5 h		Altitude difference: 250 asl
Board: snack		Travel time: 40 Minutes		Registration: 7.00 pm the day before

Equipment: hiking boots, backpack, water bottle, snack, sun or rain protection, hiking poles

For real adrenaline junkies - a ride on the biggest zipline in Europe with Axl

Start: 9.30 am		Return: ca. 1.00 pm		Registration: 12.00 am the day before
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Cost: 89,-€ for the Zipline ride

Infusion rituals

10.30 am: Lava peeling with Jaqueline Keijzer | **Registration:** until 7.00 pm the day before

Experience hourly highlight theme infusions in our adventure sauna from 2.15 pm on in the panorama sauna and the steam bath with the AT sauna team & Rob and Jaqueline Keijzer

Thursday

Experience excursion with Roman: World famous and beautiful - Venice the city of love

Charming facades, impressive churches and palaces, elegant bridges and romantic canals - this is Venice.

Venice is a city of art and culture. You can only explore the "floating city" on foot or by boat. After all, Venice was built on far more than 100 former marshy islands connected by over 400 bridges and is located in a unique lagoon landscape closed off from the sea. Venice's buildings, bridges and squares were built on thousands of wooden piles. Because the sea level is rising and the sandy subsoil is sinking several millimeters every year, the unique city is in danger of sinking into the sea. Venice has also been on UNESCO's World Heritage List of cultural monuments worthy of protection on the continent since 1987. During a guided tour we will learn a lot about the moving history of Venice and be enchanted by the sights and numerous art and cultural treasures. We enjoy a wonderful day in the lagoon city.

Start: 7.00 am		Return: ca. 6.30 pm		Registration: 7.00 pm the day before
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Costs: 50,-€ for the ferry to the city center and the guided tour by an experienced guide



Hike with Zenzi to the Reinbach waterfalls and visit to Taufers Castle

Discover the fascinating natural landscape and rich history of South Tyrol on our unforgettable hike to the Reinbach Waterfalls and the visit to the impressive Taufers Castle. The hike to the Reinbach Waterfalls begins east of Sand in Taufers. Along the Franciscan Trail, marked by artworks that depict the Canticle of the Sun, you'll reach the waterfalls. The gentle ascent leads to several waterfalls, with the third one standing out at an impressive 42 meters in height. Next, we'll head to Taufers Castle. The castle impresses with its extraordinary size and defensive structure. Its prominent walls and towers rival the majestic peaks of the Alps. Built at the beginning of the 13th century, the castle houses more than 60 rooms, including the castle chapel with the famous "Pacher Frescoes," the magnificent Knights' Hall, and the large library. Learn more about the castle's exciting history and enjoy the breathtaking views of the surrounding mountain landscape.

Start: 9.00 am		Return: ca. 3.30 pm		Difficulty: easy
Distance: 7 km		Walking time: ca. 4 h		Altitude difference: 250 asl
Board: restaurant		Travel time: 40 Minutes		Registration: 7.00 pm the day before

Equipment: hiking boots, backpack, water bottle, snack, sun or rain protection, hiking poles

Fishing at Antholz with Axl-for dinner enjoy "your" caught fish

Start: 09.00 am		Return: ca. 12.00 am		Registration: 7.00 pm the day before
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Infusion rituals

10.30 am: Viking Banja with Rob Keijzer & Daniel

The long sauna night until midnight!

Infusions of the extra class from 2.15 pm to 11.15 pm

Experience hourly highlight theme infusions from 2.15 pm on in our adventure sauna, the panorama sauna and the steam bath with the AT sauna team, Rob and Jaqueline Keijzer

Friday

Hike with Axl to the Kofleralm and visit of the Koflerhof in Riva di Tures

The idyllic Obere-Kofleralm is located northeast above Riva di Tures. Towards the southeast, the visitor is offered a magnificent view of the snow-covered glaciers of the mountains of the Rieserfernergruppe. We follow the trail markings through sparse larch forest up to the Lower Kofleralm at 2034 meters. Afterwards we visit the organic farm Kofler, the highest, year-round managed organic farm of the Pustertal. After the guided tour farmer's wife Irmi spoils us with a typical South Tyrolean snack

Start: 9.00 am | **Return:** ca. 3.30 pm | **Difficulty:** easy
Distance: 7 km | **Walking time:** ca. 3,5 h | **Altitude difference:** 400 asl
Board: snack | **Travel time:** 60 Minutes | **Registration:** 7.00 pm the day before
Equipment: hiking boots, backpack, water bottle, snack, sun or rain protection, hiking poles

Highlight final hike with Anton on our energy mountain, the "Dürrenstein"

The hike to Dürrenstein begins at the edge of the Plätzwiese in the Prags Valley and offers a spectacular view of the surrounding Dolomites. The trail leads through rocky terrain and past the distinctive mountain range of the Tre Cime. After a steady ascent, you reach the summit of Dürrenstein, from where you can enjoy a breathtaking 360-degree view of the surrounding mountain landscape. The descent follows the same path, providing a picturesque view of the flower-rich Plätzwiese.

Start: 8.30 am | **Return:** ca. 3.00 pm | **Difficulty:** challenging
Distance: 8 km | **Walking time:** ca. 4,5 h | **Altitude difference:** 850 asl
Board: snack | **Travel time:** 15 Minutes | **Registration:** 7.00 pm the day before
Equipment: hiking boots, backpack, water bottle, snack, sun or rain protection, hiking poles

Have you ever played golf?

Golf - Trial Course with Golf Instructor Antonio & Simon

Start: 8.30 am | **Rückkehr:** ca. 12.00 am | **Registration:** 7.00 pm the day before

Experience hourly highlight theme infusions in our adventure sauna from 2.15 pm on in the panorama sauna and the steam bath with the AT sauna team, Rob and Jaqueline Keijzer

Saturday

Experience Excursion with Daniel: to Lake Federa, a unique natural jewel

chanting, magical, peaceful, untouched – in short, it is one of the most beautiful mountain lakes in the Dolomites: Lago Federa, easily accessible on foot. The rock backdrop of Croda da Lago with its walls, towers, and wild peaks is magnificent. Here, one can wonderfully admire the splendid natural setting away from Cortina d'Ampezzo, with the mountain giants Croda da Lago, Croda Rossa, Pomagagnon, Cristallo, and Sorapis, as well as the unique fauna at Lago Federa. A peculiar feature of Lago Federa is its water level, which remains nearly constant in both summer and winter. This is likely due to one or more underground springs.

Start: 8.30 am | **Return:** ca. 3.30 pm | **Difficulty:** easy
Distance: 8 km | **Walking time:** ca. 3 h | **Altitude difference:** 400 asl
Board: snack | **Travel time:** 60 Minutes | **Registration:** 7.00 pm the day before
Equipment: hiking boots, backpack, water bottle, snack, sun or rain protection, hiking poles

