

08.05.2021 - 14.05.2021

Mountain bike weeks with 315 sunny days

Sat, 08.05.2021

Culinary arts	07:30 - 11:00 Sweet temptation We welcome you this morning to the special breakfast sweet temptation!	14:00 - 17:00 Vitality Buffet with Live-Show Cooking	19:00 - 20:30 Gourmet dinner with Mediterranean antipasti buffet A typical Italian antipasti buffet!	
Event region	08:00 - 13:00 Weekly market at Naturno at the Main Square of Naturno			
(E)-Bike	09:30 - 15:00 MTB 2 Mountains Trailtour Km: about 38. Mm: about 850. Costs: 20,00€ + 12,00€ Bikeshuttle Registration at the reception.			
Sport	08:00 - 08:45 Slow & Active Awakening Meeting point: Fitness Meeting Point, in front of the fitness room.	09:00 - 10:45 Morning Active Walk On The Sun Mountain Meeting point: Fitness Meeting Point, in front of the fitness room.	13:00 - 13:45 PMR (Progressive Muscle Relaxation) Meeting point : Fitness Meeting Point, Fitness Room	14:00 - 14:45 Core Stability Meeting point: Fitness Meeting Point, in front of the fitness room
Wellness & spa	14:00 Warm Up with Fan Infusion in the wine sauna with 70° on the ground floor in the sauna tower. 18:00 Show infusion: Peasant infusion Show infusion: Farmer infusion in the event sauna at 85° on the upper floor.	15:00 Lemon Scrub Lemon peeling in the steam bath on the ground floor at 45°.	16:30 Infusion: Relax A relaxing infusion in the Show-Panorama Sauna on the 3rd floor with 85°C and medium intensity.	17:30 Show rehash: The Beatles Life Show infusion: The Beatles Life in the event sauna at 85° on the upper floor

Sun, 09.05.2021

Culinary arts	07:30 - 17:00 Exclusive Sunday brunch We welcome you this morning for an exclusive Sunday brunch!	19:00 - 20:30 „Delizie Italiane“ Delicacies from Italy with Pasta & Co.!	22:00 - 22:30 Wine sales Our sommelier Mikko will be pleased to advise you on the sale of wine in our rock cellar behind the reception!
Wellness & spa	10:00 - 13:00 Forest bathing Meeting place: Reception Registration at the reception until Saturday at 21.45 p.m. 18:00 infusion show: Let's dance A show infusion in the show panorama sauna on the 3rd floor at 85°C.	10:00 - 11:00 Information meeting with Dr. Med. Alexander Angerer Topic: How do you stay fit & vital? Meeting place: Library No registration necessary	15:00 Infusion Classic A classic infusion in the panoramic show sauna at the 3 floor with 85°C. 16:30 Orange Scrub Infusion in the Sauna-Tower in the steam bath on the ground floor with 45°C and a fruit peeling.

Mon, 10.05.2021

Culinary arts	07:30 - 11:00 Exotic fruit parade We welcome you this morning to the exotic fruit parade!	14:00 - 17:00 Vitality Buffet with Live-Show Cooking	19:00 - 20:30 South Tyrol Love Dinner with local dishes	22:00 - 22:30 Wine sales Our sommelier Mikko will be pleased to advise you on the sale of wine in our rock cellar behind the reception!
Hiking	10:00 Hiking Tour on the Vinschgau sunny slope with hiking guide Reinhard Meeting point: Reception Walking time: approx. 3 hours Altitude difference: up: 270m down: 460m Registration at the reception.			
(E)-Bike	09:30 - 14:30 Mountain Bike: Val Venosta Valley Trail Tour km: about 50 hm: about 900 Costs: 20€ Registration at the reception required.	10:00 - 14:00 Technique training (Basic) Km: about 15. About 200. costs: 25,00 € Registration at the reception.	10:00 - 14:00 Pleasure bike tour: On the traces of the old Romans Km: about 35. hm: about 230 Registration at the reception.	15:00 - 17:00 Open Monday afternoon at the training ground with Bike informations about tours and the weekly programm
Sport	09:00 - 11:00 Active counter Advice from our fitness coaches at the reception	12:30 - 13:45 Hatha- Yoga Meeting point: Fitness Meeting Point, in front of the fitness room	14:00 - 15:00 Kundalini Yoga (Nabhi Kriya + Meditation) Meeting point: Fitness Meeting Point, in front of the fitness room	
Wellness & spa	11:00 - 12:00 PreidlSPA party We are pleased to invite you to the Beauty Party to discover the benefits of the best cosmetics selected by the experts of Preidl Spa. Valuable advice will be shared and small gifts will be offered to take away.	15:00 Fruit Scrub Infusion in the Sauna-Tower in the steam bath on the ground floor with 45°C and a fruit peeling.	16:30 Infusion: Relax A relaxing infusion in the Show-Panorama Sauna on the 3rd floor with 85°C and medium intensity.	18:00 Show infusion: Live energy in the show panorama sauna on the 3rd floor at 85°C.

Tue, 11.05.2021

Event hotel	<p>18:00 - 19:00 Cocktail Happy Hour "2 for 1" for selected cocktails at the hotel bar</p> <p>19:00 Jewellery exhibition "komma5" in front of the restaurant entrance. Jewellery by Mrs. Martina Schweitzer</p>			
Culinary arts	<p>07:30 - 11:00 Bella Italia We welcome you this morning to the special breakfast "Bella Italia"</p>	<p>14:00 - 17:00 Vitality Buffet with Live-Show Cooking</p>	<p>19:00 - 20:30 Gourmet dinner</p>	<p>22:00 - 22:30 Wine sales Our sommelier Mikko will be pleased to advise you on the sale of wine in our rock cellar behind the reception!</p>
Event region	<p>15:00 Bikeshuttle from Merano to Naturno Costs: €10 Registration at the reception.</p>			
(E)-Bike	<p>10:00 - 14:00 Technique Training advanced Km: about 20. Hm: about 300. Costs: 25€ Registration at the reception!</p>	<p>10:30 - 13:30 Road Bike Tour Highlight Vinschgau Km: about 57. Hm: about 600m. Costs: 20,00 € Registration at the reception.</p>		
Sport	<p>08:00 - 08:45 Slow & Active Awakening Meeting point: Fitness Meeting Point, in front of the fitness room.</p>	<p>09:00 - 11:00 Active counter Advice from our fitness coaches at the reception</p>	<p>09:00 - 10:45 Morning Active Walk On The Sun Mountain Meeting point: Fitness Meeting Point, in front of the fitness room.</p>	<p>11:15 - 12:00 AquaGym Meeting point: Fitness Meeting Point, in front of the fitness room.</p>
	<p>12:30 - 13:45 Hatha- Yoga Meeting point: Fitness Meeting Point, in front of the fitness room</p>	<p>14:00 - 14:45 bodyART™ dynamic Meeting point: Fitness Meeting Point, in front of the fitness room</p>		
Wellness & spa	<p>14:00 Infusion: Warm up Infusion in the wine sauna with 70°C on the ground floor in the sauna tower</p>	<p>15:00 Infusion Classic A classic infusion in the panoramic show sauna at the 3 floor with 85°C.</p>	<p>16:30 Orange Scrub Infusion in the Sauna-Tower in the steam bath on the ground floor with 45°C and a fruit peeling.</p>	<p>17:30 Lavender face mask In the sauna tower in the steam bath on the ground floor at 45°C.</p>
	<p>18:00 Show rehash: Country Rock Show infusion: Country Rock in the event sauna at 85° on the upper floor.</p>			

Wed, 12.05.2021

Culinary arts	<p>07:30 - 11:00 Sparkling wine & fine salmon We welcome you this morning to the special breakfast Sparkling wine & fine salmon!</p>	<p>14:00 - 17:00 Vitality Buffet with Live-Show Cooking</p>	<p>19:00 - 20:30 Sweet sins & seduction Olala! Dessert buffet de luxe</p>	<p>22:00 - 22:30 Wine sales Our sommelier Mikko will be pleased to advise you on the sale of wine in our rock cellar behind the reception!</p>
Event region	<p>08:00 - 18:30 „La Puglia in Tavola" Small Southern Italian speciality market in the centre of Naturno.</p>	<p>15:30 Bike-Shuttle from the Lake Caldaro From Lake Kaltern to Naturno Costs: 20,00 € Registration at the reception. Meeting point: bus parking lot Lido am Caldaro</p>		
(E)-Bike	<p>10:00 - 14:00 Technique training (Basic) Km: about 15. About 200. costs: 25,00 € Registration at the reception.</p>	<p>10:00 - 15:30 Sonnenberg Panorama-Trail Tour Km:about 34 Hm: about 750 Costs: €20 + 12€ bike shuttle Registration at the reception.</p>	<p>10:30 - 15:30 E-MTB Untervinschgauer Sonnenberg Tour km:about 44 HM: about 1000 Costs: 20€ Registration at the reception desk</p>	
Sport	<p>08:00 - 08:45 Slow & Active Awakening Meeting point: Fitness Meeting Point, in front of the fitness room.</p> <p>12:15 - 12:45 ShoulderFree Meeting point: Fitness Meeting Point, in front of the fitness room.</p>	<p>09:00 - 11:00 Active counter Advice from our fitness coaches at the reception</p> <p>15:00 - 15:45 Faszien-Release Meeting point: Fitness Meeting Point, in front of the fitness room</p>	<p>09:00 - 10:45 Morning Active Walk On The Sun Mountain Meeting point: Fitness Meeting Point, in front of the fitness room.</p>	<p>11:15 - 12:00 AsanaFlow Meeting point: Fitness Meeting Point, in front of the fitness room</p>
Wellness & spa	<p>14:00 Infusion: Warm up Infusion in the wine sauna with 70°C on the ground floor in the sauna tower</p> <p>18:00 Show infusion: Queen Infusion in the Show-Panorama Sauna in the Sauna-Tower on the 3rd floor with 85°C.</p>	<p>15:00 Infusion Classic A classic infusion in the panoramic show sauna at the 3 floor with 85°C.</p>	<p>16:30 Infusion: Mountain Scrub Peeling in the steam sauna with 45°C.</p>	<p>17:30 Infusion: Green Tea Scrub One infusion in the steam bath on the ground floor with 45°C</p>

Thu, 13.05.2021

Culinary arts	07:30 - 11:00 Breakfast Fit & healthy We welcome you this morning to our special breakfast "Fit & healthy"!	14:00 - 17:00 Vitality Buffet with Live-Show Cooking	16:45 - 17:45 Wine tasting with our sommelier Mikko Meeting place: Wine cellar Registration at the reception	19:00 - 20:30 Dolce Vita Dinner black & white Everything is in white and black, maybe you too?
	22:00 - 22:30 Wine sales Our sommelier Mikko will be pleased to advise you on the sale of wine in our rock cellar behind the reception!			
Hiking	10:00 Hike along the Naturser Wallburgweg with hiking guide Irmgard Altitude difference: 230 Pure walking time: 3,5h Registration at the reception necessary.			
Event region	08:00 - 17:00 „La Puglia in Tavola" Small Southern Italian speciality market in the centre of Naturno.			
(E)-Bike	10:00 - 14:00 Technical training for advanced E-mountain bikers Km: about 25. Hm: about 600. Costs: 25€ Registration at the reception!	10:00 - 13:30 Road Bike Tour- Highlight Merano and surroundings Km: about 65. Hm: about 600m. Costs: 20,00 € Registration at the reception.		
Sport	09:00 - 11:00 Active counter Advice from our fitness coaches at the reception	09:00 - 10:45 Morning Active Walk On The Sun Mountain Meeting point: Fitness Meeting Point, in front of the fitness room.	11:15 - 12:00 AquaGym Meeting point: Fitness Meeting Point, in front of the fitness room.	13:00 - 13:45 FUNctionalFIT Meeting point: Fitness Meeting Point, in front of the fitness room
	14:00 - 15:00 Hatha- Yoga Meeting point: Fitness Meeting Point, in front of the fitness room	16:00 - 16:45 Yin Yoga Meeting point: Fitness Meeting Point, in front of the fitness room		
Wellness & spa	14:00 Infusion: Warm up Infusion in the wine sauna with 70°C on the ground floor in the sauna tower	15:00 Infusion Classic A classic infusion in the panoramic show sauna at the 3 floor with 85°C.	16:30 Infusion: Grapefruit Scrub Infusion in the steam sauna at 45°C.	17:30 Infusion: Mediterranean scrub Infusion in the steam sauna at 45°C.
	18:00 Show infusion: Bella Italia Show infusion: Bella Italia in the event sauna at 85° on the upper floor.			

Fri, 14.05.2021

Event hotel	<p>19:00 "Schnalser Säge" Exhibition of wood pine souvenirs. In the foyer of the restaurant.</p>			
Culinary arts	<p>07:30 - 11:00 South Tyrolean & regional We welcome you this morning to the special breakfast South Tyrolean & regional!</p> <p>22:00 - 22:30 Wine sales Our sommelier Mikko will be pleased to advise you on the sale of wine in our rock cellar behind the reception!</p>	<p>14:00 - 17:00 Vitality Buffet with Live-Show Cooking</p>	<p>16:45 - 17:45 Wine tasting with our sommelier Mikko Meeting place: Wine cellar Registration at the reception</p>	<p>19:00 - 20:30 DolceVita Fish Dinner</p>
Event region	<p>08:00 - 13:00 Weekly market in Merano At the Praderplatz, at the main station of Merano.</p> <p>15:00 Bikeshuttle from Merano to Naturno Costs: €10 Registration at the reception.</p>			
(E)-Bike	<p>10:00 - 15:30 MTB "Burggrafen" Trails Km: 28 Hm:800 Costs: 20€ + 15€ Bikeshuttle Registration at the reception.</p> <p>10:00 - 15:30 Burgrave Trails Panorama E-MTB Tour Km: 35 Hm: 900 Costs: 20€ + 15€ Bikeshuttle Registration at the reception.</p>			
Sport	<p>08:00 - 08:45 Slow & Active Awakening Meeting point: Fitness Meeting Point, in front of the fitness room.</p>	<p>09:00 - 11:00 Active counter Advice from our fitness coaches at the reception</p>	<p>09:00 - 10:45 Morning Active Walk On The Sun Mountain Meeting point: Fitness Meeting Point, in front of the fitness room.</p>	<p>11:15 - 12:00 core workout Meeting Point: Fitness Meeting Point, in front of the fitness room</p>
Wellness & spa	<p>10:00 - 11:00 Information meeting with Dr. Med. Alexander Angerer Information about the new treatment "Preidl Body Contouring". Meeting place: Library No registration necessary</p> <p>17:30 SPA & Wellness guided tour Guided tour through water worlds, pool house, Preidl SPA Meeting point: Spa reception</p>	<p>14:00 Infusion: Warm up Infusion in the wine sauna with 70°C on the ground floor in the sauna tower</p> <p>17:30 Show infusion: Oldies forever A show infusion in the show panorama sauna on the 3rd floor at 85°C.</p>	<p>15:00 Peeling - Herbal Application of the peelings you have created yourself as part of the steam bath special. In the sauna tower in the steam bath on the ground floor at 45°C.</p> <p>18:00 Show infusion: Goisern Sound Show infusion: Goisern Sound in the event sauna at 85° on the upper floor.</p>	<p>16:30 Healthy Infusion in the sauna tower in the show panorama sauna on the 3rd floor with 85°C.</p> <p>22:15 Infusion: Sandman A classic relaxation infusion in the show panorama sauna on the 3rd floor with 85° C.</p>



ROMANTIC BREAKS AT THE PREIDLHOF

VIP-Package Very in Love Persons: 5 roses in your room, special decoration, erotic satin bedding (on request), exotic fruits, chocolates and a bottle of Prosecco to welcome you89,00 €

I Love You-Package: Loving welcome in your room with three roses, chocolate fruits and one bottle of rose Prosecco59,00 €

Oh là là—the sinfully delicious chocolate fondue: with fruits in the room39,00 €

Sweet seduction: the finest chocolate fruits from our very own patisserie.....35,00 €

Cosy breakfast: We will serve you our luxurious Preidlhof breakfast in bed! (order the day before)50,00 €

Romantic dinner in your room: We would be happy to serve you our romantic dinner in your room!150,00 €

Dinner in the romantic lounge above the pool: Wonderful ambience, candlelight, panoramic views and an exclusive dinner just for you!150,00 €

Romantic dinner in our vinotheque: Set against a candlelight backdrop, you will exclusively dine as a couple in our rustic vinotheque!150,00 €

Flower power : Small bouquet of flowers (order the day before).....50,00 €

Flower Power premium : Large bouquet of flowers70,00 €

Body food surprise: Sparkling extras - and something sweet for the whole body, served in your room. Whipped cream, strawberries, honey, ice cubes, 1 bottle of Rosé Prosecco39,00 €

Private Sky-Pool: Exclusive, just for the two of you: enjoy **exclusive access to the Infinity Sky Pool** from 11 pm to midnight! Surprise call in your room at 10.45pm. We accompany you from the room to the private pool – as a surprise. Experience pure togetherness against a backdrop of romantic music and candlelight until midnight. 1 bottle of Champagne (0.375 l Moët & Chandon) will be waiting for you.170,00 €





SPORT, FITNESS & FUN AT THE PREIDLHOF

The wonderful nature of the Merano region is a paradise for athletes and activity enthusiasts. Whether you are an ambitious mountaineer seeking the glaciers, adventure-rich panoramic hikes along the Merano high mountain trail or just want a leisurely stroll through the vineyards, all tempt you. Mountain bike fans will love the new Merano Bike Highline and the service at the Bike Academy.



WELLNESS IN SOUTH TYROL – RELAXATION BETWEEN MOUNTAIN AND POOL

Immerse yourself into a world of well-being. Crystal clear water, deep blue pool landscape, relaxing bathing possibilities in the charming and extremely varied setting between Mediterranean gardens and alpine mountains. This is the beauty of wellness in South Tyrol. Six pools and five Jacuzzis await you at the Preidlhof under the Italian sun.



5,000 M² OF WELLNESS & SPA AT THE LEADING LUXURY SPA IN SOUTH TYROL

Preidl SPA de luxe

The soul of South Tyrol is reflected in Preidlhof, our multiple award-winning wellness hotel: Mediterranean flair and the allure of the "dolce far niente" meet the natural force of the Alps in our spa hotel in South Tyrol.

The inspectors of the "European Health & Spa Award", the "Belvita Leading Spa hotels" and the "DolceVita Hotels" have commended the outstanding quality level of our wellness range. Just like our guests. Treat yourself to one of our exclusive treatments.



THE KNOWLEDGE OF A LONG, HEALTHY LIFE

The Indian health principle of Ayurveda is also enjoying increasing popularity here with us in the Alps. The doctrine of a "long and healthy life" ("Ayurveda" translated from Sanskrit) is a complex system of nutrition, massage therapies and exercise, which we use at the Wellnesshotel Preidlhof to the highest level.

Our Ayurveda therapist **Nisha Don Pradeep** comes from Sri Lanka, the stronghold of Ayurveda, bringing the knowledge and intuition from the original tradition with him to South Tyrol. Nisha studied and worked at the renowned Walauwa Institute in Bentota, Sri Lanka before he came to the Preidlhof.



BE HAPPY, BE HEALTHY, BE PREIDL

Your wellness retreat Preidlhof has been dedicated to creating restorative holidays in the picturesque Merano region for over 50 years.

The team of the Preidl Med Spa is committed to preventative health and health promotion, offering an array of treatments to enhance our guests' quality of life. Our four basic programmes Detox, Vital Age & Rejuvenation, Health Check and Perfect Shape have been carefully designed to support you in protecting and enhancing your overall health and well-being. Our treatments are tailored to each of our guests' individual needs.

Preidlhof wellness retreat in Italy represents a new form of luxury beyond the material. Guests leave feeling revitalized and reconnected not only with themselves, but also with the nature that surrounds them. Boundless joys await in a new culture of mindfulness celebrating the miracle of life.

As one of Italy's most luxurious wellness retreats, Preidlhof offers a wealth of opportunities for recovery and self-healing: a healthy creative dining experience, an abundance of activities, personalised treatments by exceptionally skilled therapists, and plenty of private space for relationships to unfold make your wellness retreat in Italy exceptional. Guests profit from our holistic and sustainable approach also in our health talks or workshops, designed by experts to equip participants with the knowledge required to recreate the Preidlhof wellness experience at home.

At the Preidlhof wellness retreat, health awareness and the joy of living combine in a sumptuous setting to create a wellness experience par excellence.



BIKE INFORMATION

The guides of The Ötzi Bike Academy offer mountaunbike, racingbike and citybikes tours, of varying degrees of difficult, every week. Bicycles and helmets are at your free disposal.

From beginners to experienced cyclists... there is good support for every level of training, and therefore also satisfaction for everyone.

The Scsdemy and its members offer GPS track uploads; GPS equipment rental and wonderful cycling weeks.

Those who are a little more trained can ride the hotel's mountainbikes up the forest roads, through the woods, to the alpine pastures.

The rental of our citybikes and sports mountainbikes is free of charge!

For E-bikes (Citybike and Mountain bike) there is a small contribution of 19,00 €.

Attention: limited participants. Registration only possible by 9.45 p.m. upon Reception.

You can choose the right bike in the Bikegarage and then you can pick up the keys at the reception.



Our Smart for two Electric Drive

Cabrio is available to you for a rental fee of **39,00€ per day** Order. Explore completely electric, environmentally friendly, emission-free.



RAFFEINER THE WORLD OF ORCHIDS

The Floriculture Raffener in Gargazzone is a small family business that with great commitment, every day, pursues it's idea to create orchids of rare beauty and high quality.

„Alongside quality, another feature that sets us apart is the way we produce our fascinating flowers.

Many end customers, partners and employees place their trust in us.

We are constantly striving to improve in order to meet new requirements in terms of quality, enviroment and social responsibility.“

Opening hours

from 10.00 a.m. to 06.00 p.m.

Prices

Adults €11,00

Adults over 65 years €10,00

<http://www.raffener.net>

THE CASTLE GARDENS

TRAUTTMANSDORF/MERANO

Tho the east of Merano lies this unique garden with a landsce of ponds, promenades, pavilions and countless flowers and plants from all over the world. Throned Castle in the middle of the Trauttmansdorff gardens. Today it houses the Tourseum, which taces the history of tourism in South Tyrol.

Orari di apertura:

Every day from 9.00 a.m. to 7.00 p.m.

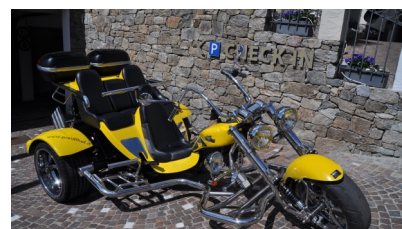
Last admission at 5.30 p.m.

<http://www.trauttmansdorff.it/>



QUAD & VESPA RENTAL

The absolute besta are our Vespa "DolceVita" scooters and our Quad "DolceVita" for two people! Ideal for a short trip trthrough the orchards, up the nearest alpine passes or simply to feel the fresf Mediterraneanen air in your hair. The rental is free of charge.



PREIDLHOF TRIKE

This is DolceVita - our new Preidlhof Trike for dream tours trought "Meraner Land". With a small fee of 79,00 € you can try special taste. For more information and rental, just contact the reception.



CABRIO DOLCE VITA

Our Porsche Boxter

This is DolceVita - our Boxter convertible for dream tours. With a small contribution of 119,00 € per day, you can experince the special taste of travelling in a convertible in uour pleasant Mediterranean climate!

Ask the reception the day before!

USEFUL DETAILS

Preidlhof-Culinary:

Breakfast:	07.30 – 11.00
Vitality buffet	14.00 – 17.00
Dinner:	19.00 – 20.30

Clothing:

We ask you to dress in elegant clothing in the evening. We want to stay faithful to the standards of our hotel and ask you not to turn up for breakfast in your bathrobe.

Wi-Fi

Wi-Fi is free and is available throughout most of the hotel grounds. The Wi-Fi is switched off between midnight and 7am to ensure healthy sleep. The Internet can be accessed via the cable next to the TV during this time.

Arrival/departure

Your room is ready from 2pm on the day of arrival. On your day of departure, we request that you vacate your room by 11am.

We kindly ask you inform reception if you wish to use our wellness facilities on your day of departure after 11am. You are also more than welcome to enjoy the vitality buffet on your day of departure for a fee of €17,00 per person. Again, please inform reception if you wish to do so. Your car must be parked on the public car park by the parish church.

OPENING HOURS BEAUTY & SPA

Pools

Outdoor Summerpool (29°)	7am – 11pm
Outdoor Panoramapool (35° - all-year).....	7am – 11pm
Outdoor Whirlpool by the Panoramapool (34° - all-year)	7am – 11pm
Outdoor Relaxpool (Naked pool at the "Schwarzbrennersauna" 29°)	7am – 11pm
Outdoor Whirlpool (Naked area by the "Schwarzbrennersauna" 36°)	7am – 11pm
Outdoor Whirlpool ("Zitronenhain" 37°).....	7am – 11pm
Indoor Pool (31° - all-year, in our DolceVita Lodge)	7am – 11pm
Outdoor Solepool (Sauna-Tower ⁶ 36°, 3% Sole all-year)	11 am – 11pm
Sky-Infinity-Sportpool (29°)..	7 am – 11pm

Indoor-Saunas in the Sauna-Tower⁶

Winesauna (70°) (Sauna-Tower ⁶)	11 am – 11pm
Steam bath (45°) (Sauna-Tower ⁶)	11 am – 11pm
Element-Sauna (60°)(Sauna-Tower ⁶)	11 am – 11pm
Saltlounge (35°) (Sauna-Tower ⁶).....	11 am – 11pm
Event Sauna (85°) (Sauna-Tower ⁶).....	11 am – 11pm
Olives Sauna (60°, 40% humidity) (Sauna-Tower ⁶)	11 am – 11pm

Outdoor:

"Schwarzbrenner Sauna" (55-60°)at the Pool outdoor.....	11 am – 11pm
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Preidl SPA & Preidl Med Spa.....

daily 8.30 am – 7.30pm

Fitness room

7am – 11pm

