



# Weekly program A

Bergland Design- und Wellnesshotel Sölden



Monday, 20.09.2021

## **“My first downhill” with bike guide Kamil**

10:00 a.m. to 02:00 p.m.

Bike parks are fun, exciting and make for an awesome day out.

So make sure to enjoy the ride!

Bikes and protectors are available in our shop!

Tuesday, 21.09.2021

## **The „Sölden hike“ with Maria Luise**

10:00 a.m to 01:00 p.m. (On request)

Easy hike particularly suitable for families. Kids will have no problem managing the routes and enjoying water paths. Water attracts children in a really magic way. No wonder that they are on fire along this fabulous adventure theme trail. But adults also love to explore the life-giving wet element on the tracks of the historic Waalweg water trails.

## **Yoga with Maria Luise**

04:30 to 05:20 p.m. (On request)

Experience the main concept behind the mind-body-spirit connection

Wednesday, 22.09.2021

## **Pilates with Simone**

05:00 to 05:50 p.m.

The gentle workout perfect for those days when you need to slow things down

## **Yoga in the midst of a herd of alpacas (extra charge)**

05.30 to 06.30 p.m.

You can make a reservation on the hotel reception.

**Latest registration by Monday, 7 p.m.**

Thursday 23.09.2021



### **Bikepark guiding & driving technique training with Kamil**

10.00 a.m. - approx. 02.00 p.m.

requirement: driving from the trails S2 & S3

Bikes can be rented directly in the shop

**meeting point:** reception

Friday, 24.09.2021

### **Hard hike with Maria Luise**

10:00 a.m to 04:00 p.m. (On request)

Maria Luise is Bergland's top-qualified mountain guide. She is the best when it comes to the many paths and routes in the area. You'll be in good hands with her, and safe in the mountains.

Good footwear is highly recommended

### **Pilates with Simone**

05:00 to 05:50 p.m.

The gentle workout perfect for those days when you need to slow things down

Saturday, 25.09.2021

### **Recommendation: Teufelskanzel in Längenfeld**

2,5 hours hiking tour

The pleasant Doringweg walking route travels along the shore of the Ötztaler Ache river. Literally, there is no devilish sulfur in the air but pleasant scents reminding of freshly cut trees, moss and wild berries. The hike's ascent travels along Panoramaweg trail to the Teufelskanzel area marked with a Tirolean flag.

Sunday, 26.09.2021

### **Recommendation: Nature park house in Längenfeld**

#### **Multimedia nature EXPERIENCE exhibition**

The new nature park house in Längenfeld serves as an information hub and centre of competence for the Ötztal nature. The central element of the nature park house is the almost 300m<sup>2</sup> large natural history exhibition. It shows the Ötztal natural diversity in all its facets in a unique way. Special Ötztal plants, animals and habitats are explained as are the geology and the valley-shaping rockfalls. Furthermore, the ever-present theme of water in Ötztal is illustrated in all its facets, from glaciers to lakes, rivers and fenlands.

In addition to bilingual (DE/EN) information boards, the content is made accessible by means of sensory input, e.g. using audio stations, touchscreens, VR-headsets, holograms and digital mural reliefs. Exhibits in form of realistic woodcarvings reflect the aspiration to entice visitors to experience and sense for themselves the displayed special features in the valley together with nature guides.

**We are happy to accept registrations at the reception or the Sky Spa reception.**

**The minimum number of participants for the activities is 3 people.**

**Closing date for application: 06.00p.m. one day before**