



Dear guest,

We cordially invite you to join our free outdoor programme offered by **Sport Aktiv**.

Meeting point for all activities: 10 min before programme starts at the bottom station of the Gschwandtkopf lifts Seefeld, for golf at the Golfacademy Seefeld.

Clothing and equipment: You need leisure clothing, sturdy shoes or boots, weather protection. Bikes, meals, drinks, lift tickets and transfers are not included.

Reservations and cancellations: Until 6 pm the previous day at the hotel reception. The programme is valid from May 17th to October 23rd 2009.



Summer Programme 2009

Sunday

10 am to 12 noon: Orientation hike – get to know the hiking opportunities in the Olympia Region Seefeld
3 pm to 4 pm: Golf try-out lesson

Monday

9.30 am to 12.30 pm: Half day hike – easy to intermediate hike in the Seefeld mountains, either to the Sonnenalm or to the Reither Jochalm.
3 pm to 5 pm: Nordic walking basic course – learn the basic techniques and movements (Nordic walking poles will be provided by “Sport Aktiv”)

Tuesday

9.30 am to 12.30 pm: Cycling tour – easy to intermediate morning tour with magnificent Panoramic views (Boden circuit or 3 lakes circuit)

Wednesday

9.30 am to 4 pm: Full day hike to the Seefelder Spitze and the Reitherspitze. You have to be sure-footed and free from giddiness for this tour which will enchant you with its unique panorama.

Thursday

9.30 am to 4 pm: Full day cycling tour – easy to intermediate tour either to the source of the river Isar or to the lakes Lautersee and Ferchensee.

Friday

9.30 am to 12: Nature hike - half day hike – feel and experience nature.
3 pm to 4.30 pm: Yoga – the oneness of body and soul