

Hiking and adventure program at the Moseralm:

Monday:

- Morning Wake Up
- Information & hiking tips at the reception
- Hiking tour with Monika
- Introduction E-Bike
- Cool Down and Relax Training



Tuesday:

- Aquagym with Tomi
- Information & hiking tips at the reception
- Panorama-Hiking-Tour in the Rosengarten-Latemar area
- E-Bike Tour (E-Bike rental will be organized for a fee)
- HIT Training
- Stretching
- Wine tasting with the host family (small service charge)



Wednesday:

- Aquagym with Tomi
- Information & hiking tips at the reception
- E-Bike Tour (E-Bike rental will be organized for a fee)
- Cool Down and Relax Training
- Parlour games outdoor
- Sunrise or sunset hiking



Thursday:

- Aquagym with Tomi
- Information & hiking tips at the reception
- Hiking in the Rosengarten-Latemar area
- Abdominal Workout
- Panorama E-Bike Tour
- Tyrolean night with music and dance



Friday:

- Aquagym with Tomi
- Sports information & hiking tips at the reception
- Herbal hiking tour/hiking tour at the Latemar
- E-Bike Tour
- Parlour games outdoor



Saturday:

- Aquagym with Tomi
- Sports information & hiking tips at the reception



Sunday:

- Weekly presentation with diashow
- Aperitive with nibbles on the panoramic terrace
- 6 courses gala menu



Subject to modification