



DAS KARWENDEL

Ihr Wellness Zuhause am Achensee

Welcome

Into Wellnesshotel Karwendel

All at one glance

from Monday, 13th of July to Sunday, 19th of July 2020

Telephone

Reception - No. 9
Vital garden - No. 40
Bar - No. 65

The vital garden - our beauty and spa area

Monday to Sunday - from 08.00 to 19.00 o'clock

Mealtimes

Breakfast - from 08.00 to 10.30 o'clock

Afternoon snack - from 13.30 to 16.00 o'clock

Dinner - from 18.30 to 21.00 o'clock

Fridays we have our gala dinner:

The Rieser family kindly invites you to have a drink at the hotel bar. Please be in time at 18.30 o'clock at the bar. Afterwards, the evening will continue with an exquisite 7-course-gala-dinner.

Swimming pool for families

Indoor pool - from 07.30 to 19.30 o'clock

Outdoor pool - from 08.00 to 18.30 o'clock

Fitness studio

Every day - from 07.30 to 21.00 o'clock

Children younger than 15 years are allowed to enter this room only in the company of an adult.

Sauna only from 15 years

Every day - from 11.00 to 19.00 o'clock

We kindly advise you that our sauna is a nude area.

Rock crystal cave - ca. 65°C

Brine grotto - ca. 55°C

Finnish sauna - ca. 82°C

Laconium - ca. 38°C to 40°C

Ice fountain

Please contact us at the reception or vital garden in case you might have any kind of questions.

SKYSPA (only from 16 years)

Skypool - from 08.00 to 18.30 o'clock

Hot-Whirlpool - from 07.30 to 19.30 o'clock

We kindly inform you that our sauna and the jacuzzi are nude areas. The sky pool and the relaxing rooms are textil zones.

Eventsauna - app. 82°C

Bio-Sauna - app. 55°C

Infrared cabin - app. 39°C

For any questions just contact our staff of the vitalgarden (No. 40)



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Das Karwendel

Familie Steffi und Sepp Rieser

Karwendelstraße 1 - 6213 Pertisau

www.karwendel-achensee.com



Event Programm

Monday, 13th of July 2020

- 08.00 o'clock - Water gymnastics in the basement of the spa
- 10.00 o'clock - Welcoming in our vital garden
- 20.30 o'clock - Dance evening at the hotel bar with "Pepi"

Tuesday, 14th of July 2020

- 08.00 o'clock - Water gymnastics in the basement of the spa
- 09.00 o'clock - Hiking info point at the hotel reception (possible until 09.30 o'clock)
- 09.50 o'clock - Hiking tour at "Rofan-mountains"
- app.19.30 o'clock - Music in the restaurant and after at the hotelbar till 10.00 pm

Wednesday, 15th of 2020

- 08.00 o'clock - Water gymnastics in the basement of the spa
- 09.00 o'clock - Hiking info point at the hotel reception (possible until 09.30 o'clock)
- 09.50 o'clock - Hiking tour to "Gramaialm"
- 21.00 o'clock - Wine degustation with Magdalena Rieser (Euro 25,00 per person)

Thursday, 16th of July 2020

- 08.00 o'clock - Water gymnastics in the basement of the spa
- 09.00 o'clock - Hiking info point at the hotel reception (possible until 09.30 o'clock)
- 10.00 o'clock - Bike & Relax
- 20.30 o'clock - Dancing evening at the hotel bar with "Costa"

Friday, 17th of July 2020

- 08.00 o'clock - Water gymnastics in the basement of the spa
- 09.00 o'clock - Hiking info point at the hotel reception (possible until 09.30 o'clock)
- 10.00 o'clock - Stand-Up-Paddling
- 13.00 o'clock - Herbal hiking tour
- 18.30 o'clock - **HOTEL CELEBRATION DAY - with Gala Dinner**
Family Rieser invites you to an aperitif at the bar and afterwards to the 7 course gala dinner

Saturday, 18th of July 2020

- 08.00 o'clock - Water gymnastics in the basement of the spa (ca. 25 minutes)
- 09.00 o'clock - Hiking info point at the hotel reception (possible until 09.30 o'clock)
- 10.00 o'clock - Hiking tour with Qi-Gong
- 20.30 o'clock - Dancing evening at the hotel bar with "DJ Ernesto"

Sunday, 19th of July 2020

- 08.00 o'clock - Water gymnastics in the basement of the spa
- 09.00 o'clock - Hiking info point at the hotel reception (possible until 09.30 o'clock)

Hiking tour in the "Rofan-mountains"

We take the bus to Maurach - **don't forget your guest cards**. Then we hike through a forest - pass a view point - to the Buchauer shack. After a snack we go back to Maurach and with the bus to the hotel.

Duration: 4-5 hours | **Altitude difference:** 520 m



Hiking tour to Gramaialm (1.267m)

A very nice hiking tour through forest and meadows. We take the coach to the entrance of the Karwendel valley (Don't forget your guests card). Afterwards we hike to the Gramai alp. After a little break we go back to the hotel.

Duration: 5 hours | **Length:** 14 km |
Altitude difference: 230 m



Bike & Relax

Ride in to the Tristenau, ride out to the valleys of Karwendel and to stop for a bite to eat. It's a varied bike tour.
Duration: 3 1/2 hours

Normal bikes (Mountainbikes/Citybikes) are for free. Only our E-bike are for a fee - half day: Euro 23,00/whole day: Euro 28,00 per bike. We beg for a reservation on the reception the day before.



Stand Up Paddeling

Our vital trainer will show you how it works. The technique is very simple. Furthermore the paddeling is a funny workout for the whole body.

Duration: app. 2 hours | **Rental fee:** Euro 12,00 per hour/board | **max. 6 people - Registration till 09.00 o'clock necessary!**



Herbal hiking tour

It's a cosy hiking tour through meadows and woods. Your trainer shows as the herbs and plants of your region and explain you the impact on your health.

Duration: 2 -3 hours



Hiking tour with Qi-Gong

We hike to different energy places - there we feel your senses and your body in a new way.

Duration: 3 hours | **Please come in comfortable clothes and shoes!**

