



**DAS KARWENDEL**

Ihr Wellness Zuhause am Achensee

# Welcome

## Into Wellnesshotel Karwendel

### All at one glance

from Monday, 09th of May to Sunday, 15th of May 2022

#### 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. Please be in time at 18.30 o'clock. Afterwards, you gain 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 13.00 to 19.00 o'clock

If the weather is bad 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 13.00 o'clock (textile zone)  
from 13.00 - 18.30 o'clock (textile-free)

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



Das Karwendel  
Familie Steffi und Sepp Rieser  
Karwendelstraße 1 - 6213 Pertisau  
[www.karwendel-achensee.com](http://www.karwendel-achensee.com)





# Event Programm

## Monday, 09th of May 2022

**11.00 o'clock** - Ladies' sauna in the basement (until 13.00)  
**13.30 o'clock** - Sauna scrub in the basement (until 14.00)  
**15.30 o'clock** - Infusion in the event sauna in the Sky Spa  
**16.30 o'clock** - Relaxing infusion in the BIO-Sauna in the Sky Spa  
**17.30 o'clock** - Infusion in the event sauna in the Sky Spa  
**20.30 o'clock** - Dance evening at the hotel bar with "Pepi"

## Tuesday, 10th of May 2022

**08.00** - Water gymnastics in the basement (approx. 30 min.)  
**09.00 o'clock** - Hiking info point in the hotel lobby (approx. until 09.30 o'clock)  
**10.00 o'clock** - Herbal hiking tour to the Gaisalm  
**13.30 o'clock** - Sauna scrub in the basement of the spa (until approx. 14.00 o'clock)  
**15.30 o'clock** - Infusion in the event sauna in the Sky Spa  
**16.30 o'clock** - Relaxing infusion in the BIO-Sauna in the Sky Spa  
**17.30 o'clock** - Infusion in the event sauna in the Sky Spa  
**19.30 o'clock** - Vocals and sound without amplifiers for dinner with a finale at the hotel bar

## Wednesday, 11th of May 2022

**08.00 o'clock** - Water gymnastics in the basement (approx. 20 min.)  
**09.00 o'clock** - Hiking info point in the hotel lobby (until approx. 09.30 o'clock)  
**09.50 o'clock** - Hiking tour to the Dalfaz cascade  
**21.00 o'clock** - Wine tasting with Dipl. Sommelière Magdalena (Euro 28,00 per person)

## Thursday, 12th of May 2022

**08.00 o'clock** - Water gymnastics in the basement (approx. 20 min.)  
**09.00 o'clock** - Hiking info point in the hotel lobby (approx. until 09.30 o'clock)  
**10.00 o'clock** - Biking tour into the Karwendel valley  
**11.00 o'clock** - Ladie's sauna in the basement (until 13.00 o'clock)  
**15.00 o'clock & 16.00 o'clock** - Sauna show in the Eventsauna on the 3rd floor  
**20.30 o'clock** - Dance evening at the hotel bar with "Costa"

## Friday, 13th of May 2022

**08.00 o'clock** - Water gymnastics in the basement of the spa (approx. 20 min.)  
**09.00 o'clock** - Hiking info point at the hotel reception (approx. until 09.30 o'clock)  
**10.00 o'clock** - Guided hiking tour to the Feilkopf  
**16.30 o'clock** - Sauna infusion in the Eventsaune in the Sky Spa  
**18.30 o'clock** - **HOUSE-CELEBRATION-DAY - Gala Dinner**  
Family Rieser invites you to the aperitif and afterwards to a 7-course-galadinner

## Saturday, 14th of May

**08.00 o'clock** - Water gymnastics in the basement of the spa (duration approximately 25. min)  
**09.00 o'clock** - Hiking info point in the hotel lobby (approx. until 09.30 o'clock)  
**10.00 o'clock** - Hiking tour along the path of conscience into the Tristenau valley  
**15.00 o'clock & 16.00 o'clock** - Sauna show in the Eventsauna on the 3rd floor  
**19.30 o'clock** - Tyrolean Stubenmusig without amplifiers for dinner with a finale at the hotel bar

## Sunday, 15th of May 2022

**08.00 o'clock** - Water gymnastics in the basement of the spa (duration approximately 25. min)  
**09.00 o'clock** - Hiking info point at the hotel reception (possible until 09.30 o'clock)  
**13.30 o'clock** - Sauna scrub in the basement of the Spa (until approx. 14.00 o'clock)  
**21.00 o'clock** - Black Jack and Roulette evening at the bar

## Herbal Hiking tour

We will explore the local herbs and plants whilst hiking along the lake. At a short break we will be able to rest our eyes oh the Achensee, which will be right below us.

**Duration:** approx. 3 hours | **Registration:** until 09.00 o'clock

**Meeting point:** lobby



## Guided hiking tour to the cascade of Dalfaz (1.200m)

We take the bus to Seespitz and we will walk along the like towards Buchau. During our hike through the woods we will pass the first cascade, the Buchau cascade and later on we will arrive at the Dalfaz cascade which is probably the most beautiful cascade in the whole region. On our way back we will take the path through the woods and drive back to the hotel with the bus.

**Meeting point:** Lobby | **Duration:** app. 3 1/2 hours  
**Altitude difference:** 250m | **Registration:** until 09.00 o'clock  
**Departure:** 09.50 o'clock  
**Don't forget your guest card for the bus!**



## Bike tour in the valleys of Karwendel

We will drive with the bike into the beautiful Tristenau valley and then later on we will take a break at the Gramai Alm.

**Duration:** 2-3 hours | **Registration:** until 09.00 o'clock  
**Meeting point:** Hotel lobby |  
**Bikes can be rented for free at the reception.**  
**E-Bikes** can be rented for a charge of Euro 25,00 (5 hours) at the reception.



## Hiking tour to the "Feilkopf" (1.562m)

We will take the bus to the Gernalm and from there on we will walk over to the Feilkopf (1.562m). Afterwards we will return whilst passing the Feilalm and there we will take a break. After a small snack we will walk back to the hotel.

**Duration:** 5 hours | **Walking time:** 4 hours  
**Departure:** 10.00 o'clock | **Altitude meters:** 600m  
**Registration:** until 09.00 o'clock | **Meeting point:** Hotel lobby



## Hiking tour along the path of conscience to the Tristenau valley

We take a leisurely hike along the path of conscience, which contains 18 different stations, into the Tristenau valley. Let yourself be enchanted by the untouched landscape and the surrounding mountains.

**Duration:** 3 1/2 hours | **Meeting point:** hotel hall  
**Beginning:** 10.00 a.m. | **Registration:** until app. 09.00 a.m.

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