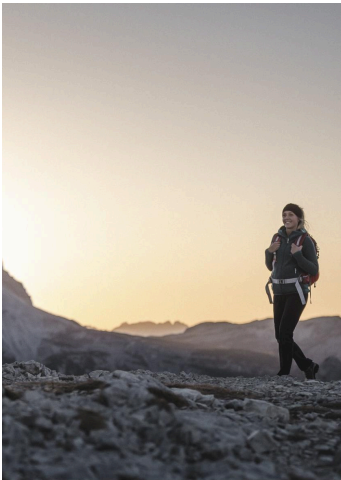


Thursday, 25.06.2026



# SMALL STEPS STILL MOVE YOU *forward*



## TODAY'S GUIDED HIKE

### GAMPIEL HUT

Start WINKLER: 9:00  
Start SOLVIE: 9:00  
Difficulty: medium  
Total hiking time ≈ 2.5-3.5 h  
Elevation gain: 431 m

### RIEGLER

Start WINKLER: 9:00  
Start SOLVIE: 9:00  
Difficulty: medium-challenging  
Total hiking time ≈ 4.5-5.5 h  
Elevation gain: 612 m

## FITNESS & HEALTH

**10.00** | Self Defense with Emanuele & Stefano

**14.00** | Crossfit  
**15.00** | Mobility  
**16.00** | Animal moves

**17.00** | Self Defense with Emanuele & Stefano

**18.45** | Sauna Martial Arts Orient

## TOMORROW'S GUIDED HIKE

### DOBBIACO ALPINE RIDGEWAY

Start WINKLER: 09.15  
Difficulty: medium-challenging  
Total hiking time: approx. 3,5-4,5 h  
Distance: 659 m

### STEINBERG ALPINE HUT

Start WINKLER: 09.15  
Difficulty: medium  
Total hiking time: approx. 3 - 4 h  
Distance: 447 m

## HIGHLIGHT OF THE DAY

### GOLF TASTER COURSE

08.30 - 10.30 am

Introduction to the world of golf. You will try the game using the driver, long irons, short game, and putter. We depart with our hotel shuttle bus at 08.30 am from the reception.

## TREATMENT OF THE DAY

### IN SHAPE

Being in shape, feeling satisfied with yourself and your achievements - whether big or small.

This holistic focus program supports you on your journey to peak form. It detoxifies the body, brings it into an ideal starting condition, and targets individual problem areas - for lasting results.

## SAUNA INFUSIONS

DAILY SCRUB: Lavender  
**11:00**  
Light relaxation infusion (60°C)  
**15:00**  
Face & body mask  
**16:00**  
Light relaxation infusion (60°C)  
**17:00**  
Dolomiti Arnica infusion \*\*\*  
**18:00**  
Immune Boost infusion \*\*  
**18:45**  
Light relaxation infusion (60°C)





**MUST SEE**

**"GOASROSCHT"**

High-quality products are made from their own goat's milk.

The farm shop sees itself as a farmer's shop - this means that products from its own production are sold here, as well as many other foods - all from farmers in the surrounding area. Located directly on the bike path.



**BIKE**

**CYCLE PATH FROM BRUNECK TILL SAND IN TAUFERS**

The Bruneck - Sand in Taufers cycle path is known as a particularly family-friendly cycle path.

Although it runs north, the gradient is very low and leads pleasantly through beautiful meadows and forests along the Ahr.

Also ideal for families and biking with a trailer.



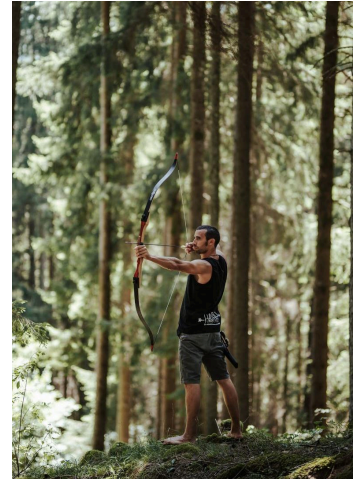
**MUST TRY**

**THARA SEE LOUNGE**

From delicious ice cream sundaes to cozy coffee and cake to casual bubbles in the sun by the lake, you will find everything you are looking for here. For children you will find a children's playground, sandpit, swings and a wooden marble run.

Insider tip:

Natural pond with trouts for fishing for everyone.



**MUST DO**

**HABITAT**

The Habitat archery course in Kematen in Sand in Taufers has 18 stations and guarantees sporting fun for young and old.

In the immediate vicinity of the Thara Seelodge and directly on the cycle path from Bruneck to Sand in Taufers.



**E BIKE**

Rent your e-bike for your individual bike tour directly at the hotel reception.

Also available: pendants for children and your own pendant for your fluffy family member on 4 paws.



**PRIVATE SKY POOL**

Enjoy moments of togetherness with a bottle of champagne in a romantic ambience with a view of the South Tyrolean night sky.

From 9.30 pm till 11.30 pm the Sky Pool is all yours. €280.-



**OUR SHOP**

**MODE BERGER**

The traditional house Mode Berger in St. Lorenzen near Bruneck impresses already in its 3rd generation with the latest trends of the fashion world.



**THE WINKLER'S**

**MIRIAM WINKLER & SCHUSTER CHRISTOF**

Your hosts at Hotel Winkler. Hosts with passion, always with an open ear for our guests.

**Five-Day Forecast for St. Lorenzen**

Friday



20° 32°

Saturday



20° 34°

Sunday



20° 33°

Monday



20° 29°

Tuesday



19° 27°

Our weekly program

