

Saturday 4.09.2010	Sunday 5.09.2010	Monday 6.09.2010	Tuesday 7.09.2010	Wednesday 8.09.2010	Thursday 9.09.2010	Friday 10.09.2010
	8:30 am Mass at Stans	9:00 am Silbercard Guided walk at the 10 chapels path. Walk from one chapel to the next and learn interesting details about them. Please register at the Front desk no later than Sunday 7:00 pm. Duration: 3 hours Meeting Point is the planetarium in Schwaz Time to approach: 10 minutes by car 9:30 am – 10:30 am Spinal exercise at the Fitness Studio with Sophia	9:00 am onwards Open exercise at the Fitness Studio.	8:55 am Silbercard Trip to the nature monument “Ahornboden” (Maple leaf tree grounds). By bus you will travel to this beautiful area and you can continue to walk to the “Eng- Alp”. Please register at Front desk no later than Monday, 12:00 am. Minimum number of attendees is 4 persons. 9:30 am – 10:30 am Spinal exercise with Sophia at the Fitness Studio.	9:00 am Silbercard Guided walking tour to the “Stallen” alp. Please register not later than Wednesday, 4:00 pm at the Front desk. Duration: 3 hours Meeting point is at the monastery in Fiecht. Time to approach: 10 minutes by car 9:00 am onwards Open exercise at the Fitness Studio.	09h00- Silbercard Guided hike to the "Nonsjöchl" A demanding hike to the summit cross of the "Nonsjöchl". Please register at the Front desk no later than Thursday, 4:00 pm. Meeting point is the sports field in Weerberg. Time to approach : 15 minutes by car 9:30 am – 10:30 am Spinal exercises with Sophia in the Fitness Studio.
Welcome to the Wellnesshotel “Schwarzbrunn”	10:00 am – 4:00 pm Silbercard Take a sightseeing tour through the castle “Freundsberg” in Schwaz. Learn about the development of the city of Schwaz and enjoy a great view over the “Inn” valley.	10:00 am Nordic Walking with Edith This 2.5 hour walk will take you to the historic chastle “Tratzberg”. Please register at the Front desk no later than 9:00 am. Meeting point is the fountain. Minimum number of attendees is 2 persons. 10:30 am – 11:00 am MFT- Training at the Fitness Studio Redress your balance with fun and dexterity with Sophia at the Fitness Studio.	9:00 am Silbercard Guided walk to the “Kellerjoch”. Enjoy breathtaking views over the Inn valley and the Tyrolean mountains. Please register at the Front desk no later than Monday, 4:00 pm. Meeting point is at the parking place Hotel Frieden Time to approach: 20 minutes by car	9:00 am Silbercard Nordic walking tour with your guide Edith to the castle Freundsberg. This tour is perfect for advanced walkers. Duration is 3 hours. Meeting point is the fountain. Please register at the Front desk no later than 8:00 am. Minimum number of attendees is 2 persons. We recommend to bring some beverages. 10:45 am – 11:30 am Water gymnastics with Sophia	2:00 pm- Silbercard Guided tour through the historic "silver city" Schwaz. Learn about the silver that was mined long ago and its importance. Meeting point is the tourism information office at the town hall.	10:30 am– 11:30 am Spinal exercises with Sophia in the Fitness Studio. 3:00 am– 6:00 pm Silbercard Visit the historic “Rabl House” in Weerberg and enjoy the possibility of buying local farm goods.
We wish all arriving guests a very pleasant stay . Our front desk staff will assist you, for your questions.		2:00 pm Silbercard Enjoy nature with an acoustic walk at the fairy tale forest. Please register at Sunday evening at the Front desk.	4:00 pm onwards Enjoy a guided family bicycle tour and get to know the region. Meeting point is the fountain. Please register at the Front desk no later than 10:00 am. Minimum number of attendees is 2 persons.	5:45 pm – 6:15 pm Redress your balance with fun and dexterity at the Fitness Studio.		4:30 pm – 5:45 pm Nordic walking with Sophia Meeting point is outside the Fitness Studio. Walking sticks are available at the Front desk, free of charge.
	6:00 pm Welcome reception at the lobby.	6:00 pm onwards Try “Dining around” at our a la carte restaurant “Marschall”. Please make a reservation at the Front desk not later than 10:00 am. (Drinks are not included). 7:00 pm – 8:00 pm Tae- Bo with Dominik at the Fitness Studio. 8:00 pm – 9:00 pm Spinal exercise with Sophia at the Fitness Studio.	6:00 pm onwards Try “Dining around” at our a la carte restaurant “Marschall”. Please make a reservation at the Front desk not later than 10:00 am. (Drinks are not included). 6:00 pm Get together with other guests at our wine cellar. We'll serve an aperitif and snacks. Please register at the Front desk no later than 5:00 pm. Maximum number of attendees is 20.	6:00 pm onwards Try “Dining around” at our a la carte restaurant “Marschall”. Please make a reservation at the Front desk not later than 10:00 am. (Drinks are not included). 6:30 pm – 7:00 pm Train your belly with Sophia at the Fitness Studio. 7:00 pm – 8:00 Spinal exercise with Sophia at the Fitness Studio.	6:00 pm onwards Try “Dining around” at our a la carte restaurant “Marschall”. Please make a reservation at the Front desk not later than 10:00 am. (Drinks are not included). 6:00 pm Get together with other guests at our wine cellar. We'll serve an aperitif and snacks. Please register at the Front desk no later than 5:00 pm. Maximum number of attendees is 20.	6:00 pm onwards Try “Dining around” at our a la carte restaurant “Marschall”. Please make a reservation at the Front desk not later than 10:00 am. (Drinks are not included). 6:00 pm – 7:00 pm Spinal exercises with Sophia in the Fitness Studio.
Bicycles are available at no charges.		8:00 pm Romantic lantern walk through the breathtaking “Wolfsklamm” canyon (just for the sporty one's). Solid shoes are required! Please register before 5:00 pm at the Front desk. Duration: 2 hours Meeting point is the Front desk.	7:00 pm – 8:00 pm Spinal exercise at the Fitness Studio with Sophia 8:00 pm – 9:00 pm Callanetics workout with Manu at the Fitness Studio	8:00 pm – 9:00 pm Spinal exercise with Sophia at the Fitness Studio.	6:00 pm – 7:00 pm Spinning with Dominik at the Fitness Studio. 7:00 pm – 8:00 pm Belly, legs and bottom exercises with Manu at the Fitness Studio.	7:00 pm – 8:00 pm Remedial gymnastics with Sophia in the Fitness Studio. 8:15 pm Place concert in Schwaz. You have to go to the music pavilion. Please listen and enjoy!
		9:00 pm Dance the night away with Didi Gundolf. Live music in the Hotel's Lobby.	8:30 pm – 9:30 pm Easy lantern walk through Stans with your guide, Edith. Solid shoes are required. Please register at the Front desk no later than 5:00 pm. Meeting point is the Front desk.	8:30 pm Try curling on tarmac! Learn the basics with Edith. It's fun!! Please register at the Front desk no later than 5:00 pm. Minimum number of attendees is 4 persons. Meeting point is the Front desk.	8:00 pm – 9:00 pm Tae- Bo with Wolfi at the Fitness Studio	9:00 pm Dance the night away with the Ellmauer. Live music in the Hotel's Lobby.

