

WOCHENPROGRAMM



NATÜRLICH.
GUT.
GESUND.



Welcome
to Hotel Matillhof
this week you will get to experience wine differently

Great to have you with us!
Look forward with us to unforgettable impressions,
& special experiences
The Dietl family & the entire Matillhof team
wish you a wonderful & relaxing stay!



KONZENTRATION UND FOKUSSIERUNG

Leben im Jetzt!

Heute lade ich Sie dazu ein, ganz bewusst im Jetzt zu leben. Was meine ich damit? – Sie kennen das wahrscheinlich: Der Wecker hat gerade geklingelt, Sie liegen noch im Bett. In Ihren Gedanken haben Sie den kommenden Tag schon im Schnelldurchlauf durchgespielt. Sie sitzen vielleicht schon im Büro, während Ihr Körper noch im Bett liegt. Oder Sie frühstücken, und währenddessen sind Sie mit Ihren Gedanken schon auf dem Weg zur Arbeit. Oder Sie wollen einen schönen entspannten Abend mit Ihrem Partner verbringen, doch Ihre Gedanken kreisen nur um das, was Sie zuvor im Job erlebt haben.

Leben Sie in den nächsten Tagen einmal ganz bewusst im Jetzt. Lassen Sie sich voll und ganz auf den Augenblick ein, den Sie gerade leben. Nehmen Sie bewusst wahr, was Sie gerade tun.

Üben Sie das einmal ganz gezielt. Setzen Sie sich auf einen Stuhl und denken Sie nur: „Ich sitze auf einem Stuhl.“ Wie fühlt sich das an, auf einem Stuhl zu sitzen. Beobachten Sie Ihre Atmung und denken Sie dabei nur: „Ich atme – Ich atme ein und ich atme aus.“

Die Atmung führt uns immer in die Gegenwart, ins Jetzt. Sie ist sehr hilfreich, um uns auf uns selbst und das Jetzt zu fokussieren. Beobachten Sie, welchen Unterschied Ihr neues Bewusstsein für den Augenblick, für das Jetzt in Ihrem Leben macht.

Auszug aus dem Buch „Glücklich sein verleiht Flügel“

Monday, September 12th 2022

- 8.30 am Stretching in the yoga room on the 5th floor with Harald.
*For **registration**, please sign up in the list at the reception!*
- 9.30 am **Vineyard meditation**
Together with expert Monika Laner you can visit our historical vineyard with its young vines on the sunny mountainside of the Valley. In a guided meditation you will discover everything there is to know about wine... from the vine to the wine. After you can enjoy the good wines in a tasting experience.
- 10:00 am **Back exercises** on the 5th floor with Harald.
*For **registration**, please sign up in the list at the reception!*
- 5.30 pm **Infusion “Fresh & Fruity”** in the panorama sauna with Harald.
The various fruit aromas put you in a good mood.

- Befehlhof Winery and Farm Distillery**
Tour of the winery followed by a tasting of wines and distillates.
Price: € 14.00 adults
Meeting point: Befehlhof Vetzan
Please register at reception by 5.00 p.m. the evening before!
- Guided tour through the medieval town of Glurns**
The Middle Ages can still be seen from every corner. The fortified town walls with their round corner towers bear witness to warlike times, princely politics and a time when the town was a transshipment point for the salt trade between southern Germany and Lombardy. The people of Glurns also had their own unit of measurement, markets and the seat of the sovereign court. What the Pied Piper is to Hamelin, the famous mouse trial is to Glurns...
Meeting point: 10 a.m. Glurns information office, price: Euro 6.00 per person,
registration: not required!

Tuesday, September 13th 2022

- 9:00 am **Meditation** in the yoga room with Annalena
*For **registration**, please sign up in the list at the reception!*
- 9.30 am **Guided hike with Harald**
On today's hike you will also learn more about the Vinschgau Valley and its surroundings. Our hiking guide Harald will show you the most beautiful hiking trails with his/ her love for the mountains of their homeland and explain more about the country & its people.
More detailed information is available the evening before!
To register for the hike, please sign up on the list at reception!
- 5:30 pm **Infusion “Chardonnay”** in the panorama sauna with Harald
An infusion with selected wine aromas.
- 7:00 pm Our kitchen team will surprise you today with traditional **South Tyrolean specialties, classics or newly interpreted.**
- Wine tasting – Befehlhof**
For all those who would like to take a walk through the vineyards and taste the delicious wine in a wine tasting after.
But it does not end with the wine tasting. Homemade high-quality distillates can be tasted and enjoyed!
Price: 14,00€
Location: Befehlhof, Vetzan
Please make a reservation at the reception on the day before, until 5:00pm
- The South Tyrolean apple in its mountains**
What work does an apple grower do over the course of a year? What are pheromone traps? What is the right way to store apples at home?
Do not you know?
Then an apple tour is just right for you.
Farmers in the Obervinschgau will guide you through their meadows. Get to the bottom of all the secrets and immerse yourself in the world of South Tyrolean apples. Afterwards ... mmmh ... tasted!
Duration: about 2 hours
Price: EUR 3.00 per person; Euro 1.50 for children between 8-14 years
Meeting point: Vuesum Schluderns at 4 p.m
Please register at reception by 5 p.m. the evening before!

Wednesday, 3rd August 2022

- 08.30 a.m. **Sun salutation with Emanuela**
Today Emanuela wants to show you the sun salutation. It is a sequence of twelve yoga postures that are practiced in the rhythm of breathing. The series of exercises has an invigorating effect on body, mind and soul. The joints are mobilized, muscles and ligaments are stretched and the cardiovascular system is trained.
Meeting point: in the yoga room in sporty clothes
To register, please put your name on the list at the reception!
- ca. 09.15 a.m. **Guided hike with Emanuela**
Every season has its charms - especially summer. Accompany Emanuela on today's hike and discover the most beautiful hiking trails in Vinschgau in good company.
More information will be available the evening before!
To register for the hike, please put your name on the list at reception!
- 5.30 p.m. **“Merlot” infusion in the panorama sauna** with Harald
The aromas of this fine wine have an invigorating and stimulating effect.

WOCHENPROGRAMM



NATÜRLICH.
GUT.
GESUND.



From milk to cheese - visit of a cheese dairy with a subsequent tasting

At the cheese dairy Gamsegghof in Valleunga, the milk is processed with great joy and commitment into high-quality cheese. A visit from the stable to the cheese dairy to the ripening room will show you the way from the milk to cheese. Afterwards, the homemade specialties can be tasted.

Meeting Point: Gamsegghof at Melago

Price: 8,00 € children Children 9-14 years

15,00 € Adults Price per person

3:00 pm - 4:30 pm

Please register at the reception by 5:00 pm the evening before!

From the vine to the wine cellar hike and wine tasting at the Rebhof winery

"A fine drop should not be missing in any situation in life" this is the motto of the Rebhof winery. Whether white wine, rosé or red wine - everyone will find something to their liking at the Rebhof. During a hike in the vineyard you will learn a lot about local viticulture and cultivation methods. Then it goes into the "sanctuary" of the winemaker, his wine cellar. There, various Vinschgau wines will be tasted with bread and cheese.

Meeting point: 3:30 p.m. Rebhof, Galsaun

Price: 12 euros adults

Please register at reception by 5 p.m. the evening before!

Thursday, September 15th 2022

08.30 a.m.

Guided mountain tour with Emanuela

Together we enjoy the day with a great hike in our beautiful valley. Our hiking guide, with her passion for nature, knows many insider tips that she would like to show you. So, put on your hiking boots and let's go.

More information will be available the evening before!

To register for the hike, please put your name on the list at reception!

ca. 09.15 p.m.

Guided mountain tour with Emanuela

Together we enjoy the day with a great hike in our beautiful valley. Our hiking guide, with her passion for nature, knows many insider tips that she would like to show you. So, put on your hiking boots and let's go.

More information will be available the evening before!

To register for the hike, please put your name on the list at reception!

5:30 pm

"Gewürztraminer" infusion in the panorama sauna with Harald

The individual aromas of the wine come into their own here and transform this infusion into a true fragrance experience that touches your senses.

7.00 p.m.

With our delicious **dessert buffet**, our kitchen team will take you into the world of those with a sweet tooth. Classics and new creations are waiting for you!

Weekly and farmer's market in Schlanders.

Traditional weekly market in the center of Schlanders with regional products, clothing, fruit, vegetables, etc.

Time: 08:00 a.m. to 12:00 p.m

Friday, September 16th 2022

08.30 a.m.

Yoga exercises for beginners with Emanuela

Yoga exercises ensure a stable spine and a healthy back, which is becoming increasingly important in the age of sitting a lot. The combination of breathing and physical exercises promotes health, resilience, balance and self-confidence.

Meeting point: in the yoga room in sporty clothes.

To register, please put your name on the list at the reception!

ca. 09.15 p.m.

Guided summit tour with Emanuela

At the end of the week, a summit will be tackled. A fantastic view awaits you as a reward.

More information will be available the evening before!

To register for the hike, please put your name on the list at reception!

5.00 p.m.

"Cabernet" infusion in the panorama sauna with Harald

The typical scents from this particular wine have a stimulating, refreshing and invigorating effect on the body and the mind.

Year market in Lasa

Year market in the Center of Lasa from 8 am until 4 pm.

You can buy clothes, food, drinks and almost everything is selfmade an traditional!

It is a fantastic opportunity to unite with locals and enjoy everything the Vinschgau Valley has to offer.

No registration needed!

Guided flora and fauna hike with Joos Hubert

Experience the diversity of botany and biodiversity around Lake Resia. Nature expert Hubert Joos gives you an insight into the beauty of nature.

Meeting point: tourist office in Reschen

Please register at reception by 5 p.m. the evening before

Saturday, September 17th 2022

Pala Pear Days of Venosta Valley

From 03rd-18th September 2022, the historic town of Glorenza/Glurns in Venosta Valley is characterized by the Palabir, or the Pala pear.

At The Pala Pear Days of Venosta Valley, specialties dedicated to this ancient pear variety can be tasted and purchased.

Visitors can expect traditional concerts and cooking demonstrations, as well as movie afternoons and cooking events, lectures and cultural walking tours in the evenings.

Where? City centre of Glurns

No registration needed!

Kayak across the lake

After the introduction to the basic techniques you paddle with beautiful views of the natural landscapes of the Passo Resia and the mountain world of the Ortler Group.

This tour is suitable for advanced and also for beginners. Children are welcome from 12 years (in double kayaks from 8 years).

Price: 38€ for 1 person; each additional 15€

Please register at the reception by 5:00 pm the evening before!

7:00 pm

Our kitchen team will conjure up a varied **antipasti buffet** for you. Enjoy the taste explosion.