

Holiday Programme



18th October to 24th October 2021













Monday, 18th October 2021

from **08:00** 09:00



Yoga

Meeting point: Gymnastics room

from 09:30 09:30



Good Morning on the Children's Farm

We meet you at the Children's Farm.Registration until 05.00 p.m. on the day before directly at the Children's Farm Team/Concierge and the Reception.

from **09:45** 13:45



Bike-Technique Training

New extended technique training with new content, tips & tricks as well as training in the "Practice area & Bikepark Oberndorf Trails". Registration at the Sport-Eck next to the "Kaiserstiege" until 6.00 p.m. on the day before (bike rental for a fee)

from 10:00 12:00



Experience nature around the children's farm

We get to know our animals on the farm and pamper them. Then we make cute bunnies out of wooden discs.

from 11:00 11:30



Upper Body Training

Meeting point: Fitness desk

from 11:45 12:15



Training with the fascia roller

Meeting point: Fitness desk

from 12:30 13:00



Children's Lunch

We have lunch together at the "Rossstube" . Please be aware of the meal times. Registration until 11:30 a.m. on the respective day directly at the Children's Farm team.

from 13:00 14:00



Play time at the Children's Farm

We play on the children's farm.

from 14:00 17:00



Play time at the Children's Farm

We build with giant Lego.

from 14:15 15:00



Back workout

Meeting point: Fitness desk

from 15:15 15:45



Abs Training

Meeting point: Fitness desk

from 15:30 16:00



Mix Cocktails for Teens

Our team at the hotel bar is looking forward to conjuring up some crazy cocktail creations

Register at the concierge by 12 noon on Sunday.

from 15:45 17:30



Kids bike training

Kids Bike Training BAMBINI

Afternoon tour

This bike training is ideal for the youngest. Playful learning of the right bike technique on our practice area.

Price with rental bike: € 30.- Children MTB

Price without rental bike: € 15.-Duration: 1.5 h / 5km / 100hm / Age: 6-8 years

Registration at the Sport-Eck next to the "Kaiserstiege" until 6.00 p.m. on the day before



from 16: to 16:		Tabata Meeting point: Fintess desk
from 17: to 17:	0 <u></u>	See you next time on the Children's Farm! Your parents pick you up at the Reception.
from 18: to 19:	<i>0</i> ⊟ <i>\</i> \ <u>\</u> \\	Children's Dinner We have lunch together at the hotel restaurant/"kleine Zirbenstube". Please be aware of the meal times. Registration until noon on the respective day directly at the Children's Farm team.
from 19: to 19:		Play time at the 'Kinderstube' We are at the "Kinderstube" (children's room) at the hotel.
from 19: to 21:		Play and fun in the evening We play your favorite games in the tennis hall.
from 21: to 21:		See you next time at the "Kinderstube" Your parents pick you up at the "Kinderstube".

Tuesday, 19th October 2021

from 09:15 to 14:00	E-MTB Tour "Bergdoktor" Full day tour Dream panorama tour, during which we head for and also visit the filming locations of the "Bergdoktor" + crossing the ski world Price with rental bike: € 95 E-MTB Platinium Price without rental bike: € 35 (625Watt Ebike is recommended) Duration: 5 h / 40 km / 1100 m / min. Age: 13 years Registration at the Sport-Eck next to the "Kaiserstiege" until 6.00 p.m. on the day before
from 09:30 to 09:30	Good Morning on the Children's Farm We meet you at the Children's Farm.Registration until 05.00 p.m. on the day before directly at the Children's Farm Team/Concierge and the Reception.
from 09:30 to 13:30	Beginner's hiking tour Easy hiking tour at the foot of the "Wilder Kaiser" Please register until Monday, 06.00 p.m. at the Sport-Eck nearby the "Kaiserstiege".
from 10:00 to 12:00	Let's be creative at the Children's Farm We make little kites out of cardboard.
from 10:15 to 11:00	Booty - Abs - Legs with theraband Meeting point: Fitness desk
from 12:00 to 13:00	Nordic Walking Meeting point: Fitnss desk



Children's Lunch from 12:30 13:00 We have lunch together at the "Rossstube" . Please be aware of the meal times. Registration until 11:30 a.m. on the respective day directly at the Children's Farm team. from 13:00 Play time at the Children's Farm 13:30 We play on the children's farm. from 13:30 **Tabata** 14:00 Meeting point: Fintess desk from 13:30 Play time at the children's farm 14:30 We fly kites in the nearby meadow. from 14:15 Bodyshaping with the dumbbell 15:00 Meeting point: Fintess desk Stretch and Relax from 15:15 15:45 Meeting point: Fitness desk **Guided Tour through the Hotel** from 15:30 16:30 Meeting Point: Concierge desk from 15:45 Kids bike training 17:30 **Kids Bike Training FOXES** Afternoon tour Kids bike training on our practice meadow + forest bike park Price with rental bike: € 30.- Children MTB Price without rental bike: € 15.-Duration: 1.5 h / 10km / 200hm / Age: 8-10 years Registration at the Sport-Eck next to the "Kaiserstiege" until 6.00 p.m. on the day before from 16:00 Basketball training for teens 16:45 Today we play an exciting round of basketball on our indoor tennis courts. Register until 12.00 a.m. at the Concierge Desk Meeting point: fitness desk See you next time on the Children's Farm! from 17:00 17:00 Your parents pick you up at the Reception. from 18:30 Children's Dinner 19:00 We have lunch together at the hotel restaurant/"kleine Zirbenstube". Please be aware of the meal times. Registration until noon on the respective day directly at the Children's Farm Play time at the 'Kinderstube' from 19:00 19:30 We are at the "Kinderstube" (children's room) at the hotel. Play and Fun in the evening from 19:30 21:00 We go on a night hike. Musical evening with "Lisa Mauracher" from 20:30 23:30 Musical evening with "Lisa Mauracher" at the Hotel-Bar "auf der Tenne".







See you next time at the "Kinderstube"

Your parents pick you up at the "Kinderstube".

Wednesday, 20th October 2021

from 08:0009:00



Yoga

Meeting point: Gymnastics room

from 09:15 09:45



explanation of fitness equipment

meeting point: Fitness desk

from **09:30** 09:30



Good Morning on the Children's Farm

We meet you at the Children's Farm.Registration until 05.00 p.m. on the day before directly at the Children's Farm Team/Concierge and the Reception.

from 09:45 15:00



E-MTB Tour: Kitzbühel and Streif

Experience a unique panorama tour along (the mountain range) of the Hahnenkamm with sightseeing and descent over the Aschau valley.

Price with rental bike: € 95.- (E-MTB Platinium)

Price without rental bike: € 35.- (625Watt Ebike is recommended)

Duration: 5 h / 45 km / 1300 m / from 13 years Registration at the Sport-Eck next to the "Kaiserstiege" until 6.00 p.m. on the day before

from 10:00 10:30



Upper Body Training

Meeting point: Fitness desk

from 10:0011:00



Getting to know the Lipizanner horses

Today our teens will get to know everything about horses. Register by Tuesday 5:00 p.m. at the Concierge Desk Meeting point riding stables

from 10:00 12:00



Stanglwirt mini-kitchen chef

We'll cook a delicious pumpkin soup.

from 10:45 11:15



Circle-Training

Meeting Point: Fitness desk

from 11:30 12:00



Abs Training

Meeting point: Fitness desk

from 12:30 13:00



Children's Lunch

We have lunch together at the "Rossstube". Please be aware of the meal times. Registration until 11:30 a.m. on the respective day directly at the Children's Farm team.

from 13:00 14:00



Play time at the Children's Farm

We play on the children's farm.

from 14:00 17:00



Play time at the Children's Farm

We eat our homemade pumpkin soup. Then we play board games.

from 15:00 16:00



Groundstroke Technique Tennis Clinic

Learn the PBI Groundstroke Fundamentals. Costs: € 36,-Meeting point: "Tennis Stüberl" at the indoor tennis courts Please register until 5.00 pm. on the day before at the Concierge desk.

from 17:00 17:00



See you next time on the Children's Farm!

Your parents pick you up at the Reception.

from 18:30 19:00



Children's Dinner

We have lunch together at the hotel restaurant/"kleine Zirbenstube". Please be aware of the meal times. Registration until noon on the respective day directly at the Children's Farm team.

from 19:00 19:30



Play time at the 'Kinderstube'

We are at the "Kinderstube" (children's room) at the hotel.

from 19:30 21:00



Play and Fun in the evening

We go bowling in our bowling alley.

from 21:30 21:30



See you next time at the "Kinderstube"

Your parents pick you up at the "Kinderstube".

Thursday, 21st October 2021

from **08:15** 08:45



Aqua-fitness

Meeting Point: Felsenbad

from 09:00 09:30



Tabata

Meeting point: Fintess desk

from 09:00 13:30



Balance on the Astberg mountain

An easy hike from the Stanglwirt to the Goinger Astberg with Elisabeth Klöbl. Please register at the Concierge desk until 5.00 p.m. on the day before.

from **09:30** 09:30



Good Morning on the Children's Farm

We meet you at the Children's Farm.Registration until 05.00 p.m. on the day before directly at the Children's Farm Team/Concierge and the Reception.

from 09:45 14:30



E-MTB Flow - Trail Tour

NEW 2021! The Kitzbühel Alps offer a multitude of wonderful flow trails, which we can easily reach thanks to the e-bike. Good technique on the bike is required. Price with rental bike: € 95.- (E-MTB Platinium)

Price without rental bike: € 35 (625W is recommended)

Duration: $5\,h/40\,KM/1000\,HM/from\,13\,years$ Registration at the Sport-Eck next to the "Kaiserstiege" until 6.00 p.m. on the day before

from 10:00 to 12:00	Let's be creative at the children's farm We are making an autumn table decoration.
from 11:30 to 12:00	Booty - Abs - Legs with theraband Meeting point: Fitness desk
from 12:30 to 13:00	Children's Lunch We have lunch together at the "Rossstube" . Please be aware of the meal times. Registration until 11:30 a.m. on the respective day directly at the Children's Farm team.
from 13:00 to 14:00	Nordic Walking Meeting point: Fitnss desk
from 13:00 to 14:00	Play time at the Children's Farm We play on the children's farm.
from 14:00 to 16:00	Let's be creative at the Children's Farm We paint beautiful autumn mandalas.
from 14:15 to 15:00	Stretch and Relax Meeting point: Fitness desk
from 15:00 to 16:00	Doubles Strategy Learn how to play doubles like the Bryan Brothers. Meeting point: "Tennis Stüberl" at the indoor tennis courts Costs: € 20,- Please register until 5.00 pm. On the day before at the Concierge desk.
from 15:00 to 16:00	Doubles Strategy Learn how to play doubles like the Bryan Brothers. Meeting point: "Tennis Stüberl" at the indoor tennis courts Costs: € 20,- Please register until 5.00 pm. On the day before at the Concierge desk.
from 15:45 to 17:30	Bike training for Familys Afternoon tour 15:45 - 17:30 NEW: tailored training for the whole family. Learn the right bike technique with your children. Price with rental bike: € 55 E-MTB Platinium Price with children's e-bike: € 35 Price without rental bike: € 15 Duration: 1.5 h / 10 km / 200 m / min. Age: 8 years Registration at the Sport-Eck next to the "Kaiserstiege" until 6.00 p.m. on the day before
from 16:00 to 16:45	Teens Water slide race We have a fun slide race and play water games. Meeting point: children's water world Register by 12 a.m. at the concierge desk
from 16:30 to 17:00	A visit at the cowshed We visit the Stanglwirt cowshed.
from 17:00 to 17:00	See you next time on the Children's Farm! Your parents pick you up at the Reception.



from 18:30 19:00



Children's Dinner

We have lunch together at the hotel restaurant/"kleine Zirbenstube". Please be aware of the meal times. Registration until noon on the respective day directly at the Children's Farm

from 18:30 19:00



Stanglwirt "Meet and Greet"

Family Hauser and the Stanglwirt team have the honor to cordially invite you to the Stanglwirt "Meet & Greet" at our hotel bar "zur Tenne".

We are looking forward to your visit and wish you a relaxing stay!

from 19:00 19:30



Play time at the 'Kinderstube'

We are at the "Kinderstube" (children's room) at the hotel.

from 19:30 21:00



play and fun in the evening

We organize a cinema in the conference room.

from 20:30 23:30



Musical evening with "The Acoustic Band"

Musical evening with "The Acoustic Band" at the Hotel-Bar "auf der Tenne".

from 21:30 21:30



See you next time at the "Kinderstube"

Your parents pick you up at the "Kinderstube".

Friday, 22nd October 2021

from 08:30

09:30



Stanglwirt Hobby Runners

Meeting point: Fitness desk

from **09:30** 09:30



Good Morning on the Children's Farm

We meet you at the Children's Farm.Registration until 05.00 p.m. on the day before directly at the Children's Farm Team/Concierge and the Reception.

from 09:30 13:30



E-MTB Tour Wilder Kaiser

Discover the Kaiser up close by e-bike. You can look forward to a round tour with highaltitude trails on beautiful trails and pure nature! Price with rental bike: € 95.- E-MTB Platinium

Price without rental bike: € 30.- (625W Ebike is recommended

Duration: $4\,h/35\,km/1000\,m/min.Age: 13y$ Registration at the Sport-Eck next to the "Kaiserstiege" until 6.00 p.m. on the day before

from 10:00 11:30



Experience nature around the Children's Farm

We get to know our two sheep Lilly and Lotte and go for a walk with them.

from 10:15 10:45



Abs Training

Meeting point: Fitness desk

from 11:00 to 11:45



Back workout

Meeting point: Fitness desk



from 12:30 to 13:00	Children's Lunch We have lunch together at the "Rossstube" . Please be aware of the meal times. Registration until 11:30 a.m. on the respective day directly at the Children's Farm team.
from 13:00 to 13:30	Play time at the Children's Farm We play on the children's farm.
from 13:15 to 14:00	Bodyshaping with the dumbbell Meeting point: Fintess desk
from 13:30 to 14:30	Play time at the children's farm We fly kites in the nearby meadow.
from 14:15 to 14:45	Circle-Training Meeting Point: Fitness desk
from 14:30 to 17:00	Play time at the Children's Farm We play on the children's farm.
from 15:00 to 15:30	Training with the fascia roller Meeting point: Fitness desk
from 15:30 to 16:30	Guided Tour through the Hotel Meeting Point : Concierge desk
from 17:00 to 17:00	See you next time on the Children's Farm! Your parents pick you up at the Reception.
from 17:15 to 18:15	Yoga Meeting point: Gymnastics room
from 18:30 to 19:00	Children's Dinner We have lunch together at the hotel restaurant/"kleine Zirbenstube". Please be aware of the meal times. Registration until noon on the respective day directly at the Children's Farm team.
from 19:00 to 19:30	Play time at the 'Kinderstube' We are at the "Kinderstube" (children's room) at the hotel.
from 19:30 to 21:00	Play and Fun in the evening We go bowling in our bowling alley.
from 20:30 to 23:30	Musical evening with "SASA" at the Hotel-Bar "auf der Tenne".
from 21:30 to 21:30	See you next time at the "Kinderstube" Your parents pick you up at the "Kinderstube".



Saturday, 23rd October

from **08:00** to **09:00**



Yoga

Meeting point: Gymnastics room

from **08:30** to **13:00**



Hiking tour to the "Gruttenhütte" with Lois

Meeting point at 08.30 at the Reception with our hiking guide Lois. Bring a good mood, good shoes, possibly a second set of clothes. From the "Wochenbrunner Alm" it goes over the "Gaudiamushütte" and over the "Klamml" to the "Gruttenhütte" and back again. There are about 600 meters of altitude difference, pure walking time about 3 hours.

Please register until 6 p.m. on the day before at the Concierge desk.

from **09:15** to **09:45**



Upper Body Training

Meeting point: Fitness desk

from **09:30** to **09:30**



Good Morning on the Children's Farm

We meet you at the Children's Farm.Registration until 05.00 p.m. on the day before directly at the Children's Farm Team/Concierge and the Reception.

from 10:00 to 10:30



Stretch and Relax

Meeting point: Fitness desk

from 10:00 to 12:00



Let's be creative at the Children's farm

We design autumn leaves with natural materials.

from 11:00 to 12:00



Nordic Walking

Meeting point: Fitnss desk

from **12:30**



Children's Lunch

We have lunch together at the "Rossstube" . Please be aware of the meal times. Registration until 11:30 a.m. on the respective day directly at the Children's Farm team.

from 13:00 to 14:00



Play time at the Children's Farm

We play on the children's farm.

from 14:00 to 17:00



Play time at the Children's Farm

Let us surprise you.

from **14:30** to **15:00**



Horse stable tour

...through our Lipizzaner stud.

Meet the graceful Lipizzaner horses and learn interesting things from our riding instructors.

Please register at our Concierge desk. Meeting point: Reception

from 17:00 to 17:00



See you next time on the Children's Farm!

Your parents pick you up at the Reception.

from **18:30** to **19:00**



Children's Dinner

We have lunch together at the hotel restaurant/"kleine Zirbenstube". Please be aware of the meal times. Registration until noon on the respective day directly at the Children's Farm team



from 19:00 to 19:30		Play time at the 'Kinderstube' We are at the "Kinderstube" (children's room) at the hotel.
from 19:30 to 21:00		Play and fun in the evening We play your favorite games in the tennis hall.
from 20:30 to 23:30	=	Musical evening with "Angelo Palazzotto" Musical evening with "Angelo Palazzotto" at the Hotel-Bar "auf der Tenne".
from 21:30 to 21:30		See you next time at the "Kinderstube" Your parents pick you up at the "Kinderstube".

Sunday, 24th October 2021

from 09:30 to 09:30		Good Morning on the Children's Farm We meet you at the Children's Farm.Registration until 05.00 p.m. on the day before directly at the Children's Farm Team/Concierge and the Reception.
from 10:00 to 12:00		Let's be creative at the Children's farm We create a beautiful jute picture.
from 12:30 to 13:00		Children's Lunch We have lunch together at the "Rossstube" . Please be aware of the meal times. Registration until 11:30 a.m. on the respective day directly at the Children's Farm team.
from 12:45 to 15:30		Bike Training Sicherheits Coaching What to do in an emergency - How do I brake properly? How do I ride steep routes? Price with rental bike: € 95 E-Bike Platinium Price without rental bike: € 35 Duration: 2.5 h / 10km / 300 m / age: from 13 years Registration at the Sport-Eck next to the "Kaiserstiege" until 6.00 p.m. on the day before
from 13:00 to 14:00		Play time at the Children's Farm We play on the children's farm.
from 14:00 to 17:00		Audio stories at the children's farm We listen to exciting stories with the new ToniBox.
from 15:30 to 16:30	0-0	Guided Tour through the Hotel Meeting Point : Concierge desk
from 17:00 to 17:00		See you next time on the Children's Farm! Your parents pick you up at the Reception.



from	17:00
to	18:00



Gaudi tennis tournament

Meeting point: tennis hall No registration necessary Tennis experience required

from 18:30 to 19:00



Children's Dinner

We have lunch together at the hotel restaurant/"kleine Zirbenstube". Please be aware of the meal times. Registration until noon on the respective day directly at the Children's Farm team.

from **19:00** to **19:30**



Play time at the 'Kinderstube'

We are at the "Kinderstube" (children's room) at the hotel.

from 19:30 to 21:00



play and fun in the evening

We organize a cinema in the conference room.

from **20:30** to **23:30**



Musical evening with "Chill Sax"

A musical evening awaits you with "Chill Sax" at the hotel bar on the "Tenne".

from 21:30 to 21:30



See you next time at the "Kinderstube"

Your parents pick you up at the "Kinderstube".

Test facilities



...at the hotel and in the area

Do-it-yourself Antigen test

If you need a test kit, you can find it automatically on your room. Please report your test result to the Reception between 12.00 noon and 1.00 pm. so that we can confirm your updated Covid-19 test status during your stay, as per government regulations. You will receive a test certificate, which is valid for 24 hours. Please fill in the details on the enclosed form and give it to the Reception between 12 noon and 1.00 pm.

For short-term tests

You can easily take a test no more than a five-minute drive away at the screening site in Ellmau you can easily take a test. Without registration or appointment.

Costs: € 25.00 per antigen-rapid test (PCR-test: € 90,-)

Further official test facilitites in the Wilder Kaiser Region

At the screening sites in Kufstein, Wörgl, Kitzbühel and St. Johann you can take a test (antigen-rapid or PCR) for free after registration: https://tiroltestet.leitstelle.tirol/

Attention: Guests who have been vaccinated or who have recovered from a verified Covid-19 infection are exempt from testing.

Children's farm Guide

We are absolutely overjoyed that we can continue to be on hand for our youngest guests. In keeping with the great responsibility we feel, we will do everything we can to ensure that they are as safe as possible in every respect at all times and we look forward to spending a wonderful time together!

We have put together a guide so that we can safely enjoy each other's company at the children's farm:

- We are here for you every day from 9.30 a.m. to 5.00 p.m., by appointment only (children over the age of 3)! We meet at the Children's farm. The childcare provided will be of the same high quality as before.
- Children between 1 and 3 years of age will be cared for as part of the crèche by appointment only every day from 2.00 p.m. to 5.00 p.m., also at the children's farm. Please note that, we can only supervise a limited number of children here too.
 - Please bring your own buggy, diaper bags and bottle for the daycare at the créche. You are welcome to borrow strollers and buggies free of charge from our Concierge.
- In the current situation, parents are not allowed to enter the house of the children's farm. Your children will be given a warm welcome by one of our teachers. Parents are very welcome at the Children's farm playground.
- The general social distancing rule (1 metre "Stangl calf" distance) usually applies. To ensure that this can be adhered to, we will, until further notice, be supervising only a limited number of children.
- This makes it all the more important to register your child beforehand when making your room reservation or on the day itself at the Children's farm, in good time for the next day.

 To optimise our planning for you, it is essential to know exactly how long your child is going to stay with us at the Children's farm.

At 12.30 p.m., the Children's lunch will be served as usual in our hotel restaurant by appointment only. Please understand that in light of recent events, neither parents nor siblings who are not simultaneously being cared for may be present until further notice.

- The registration for Children's dinner and evening supervision is necessary. The times for the evening activities can change between 7.30 p.m. and 8 p.m.
 - Our facilities are regularly disinfected and aired. Sanitiser will be provided.
- We will also make spur-of-the-moment trips outdoors to enjoy the beautiful countryside, depending on the weather of course! Please make sure to bring suitable clothing.

If your parents are missing you too much, they can always reach us at any time at +43(0) 664 2150 967.

We look forward to seeing you!

Your kindergarten teacher Josephine Staffel & the Children's farm team



Where to find what and when...

<u>Breakfast</u>

at the hotel restaurant | 7.00 to 11.00 a.m. | non-smoking area
The need to maintain social distancing, means that you may have to wait a long time before being allocated a table, so we recommend breakfasting outside peak times (9.30 a.m. - 10.30 a.m.).

Kamin Bistro
Culinary highlights for small and big hunger
at the Kamin-Bistro | 11.30 noon to 4.30 p.m. | non included | also possible with bathrobe

<u>Dinner</u> multi-course menus or themed buffet evening at the hotel restaurant | 1 6.30 to 8.30 p.m.

<u>Á-la-Carte</u>
authentic Tyrolean traditions in a historic ambience, along with tasty regional delicacies and specialities at the traditionale Gasthof inn "Stangl" | 11.00 a.m. to 10.00 p.m.
Table reservation at +43 5358 2000 -7921 or tischreservierung@stanglwirt.com

Hotelbar

Hotelbar "auf der Tenne" | 1 9.30 a.m. to 00.00 p.m. | 1 with terrace and Lipizzaner-Lounge

From 10.00 p.m. until midnight our team will be happy to prepare drinks and cocktails for you and serve them in your hotel room (without roomservice charge)

 $\frac{\text{Roomservice}}{\text{Roomservice (without Roomservice-charge)}} \ \ \text{I} \ \ \frac{\text{Roomservice}}{\text{7.00 a.m. to 9.30 p.m.}} \ \ \text{I} \ \ \text{Orders at +43 5358 2000 -7915}$

Wellness Worlds
Water worlds: 7.00 a.m. 9.00 p.m.
Sauna complex for families (textile sector): 10.30 a.m. to 20.30 p.m.
Sauna complex for adults (nude area): 10.30 a.m. to 8.30 p.m.
Children's Water World: 10.00 a.m. to 7.00 p.m.

<u>Solarium</u> Currently closed

Fitness garden

Open daily I equipment by the world famous & highest quality brand "Technogym"

Personal Training is at your service: +43 5358 2000-7930 or -7958

Six indoor courts (Bross Line Granulat) and eight outdoor courts (sand) ÷ court reservation and private lessons at +43 5358 2000-931 or -932

