



Holiday Activities

Summer 2006

We wish you a wonderful stay!

Family Albrecht
and the Hotel Die Post-Team

Dear Guests

We want you to enjoy your holiday as much as possible. So we offer you a special program with lot of sports, hiking-tours, bike-tours and fitness activities.

If you need further information to one of our offers please don't hesitate to contact the reception-desk.

The next days you have to do only a few things – relax, recover and recreate!

Please note:

All offered activities can only be achieved if the minimum of participants can be reached! In case of bad weather or other reasons the hotel can cancel each program!

Reservation:

We kindly ask you to sign up for your Holiday-program at least at 5.00 pm the day before. To avoid delays, please be at the meeting point about 15 minutes before starting-time!

Cancellation:

If you cannot join some of your reservations, please cancel at least at 5.00 pm the day before. Thank you very much for your understanding.

Information:

You will get detailed information of our Holiday-Activity-Program at the reception-desk.

Bad weather:

In case of bad weather we will organize a special entertainment for you. You will find the information every morning in the "Morgenpost".



Children:

Of course we have got also something special for our little guests. The children-program is marked with the champion-smiley.

We wish you a nice holiday in your Hotel Die Post and are happy, that you are our guest!



Family Albrecht
and the Hotel Die Post-Team

Sunday






09.00-16.00 pm	Rock-climbing lesson – part 2 Improve your knowledge of part 1 in the climbing-area or alpine terrain. meeting-point: Gschwandtkopf Seefeld to bring along: good shoes, sportswear, biking-gloves costs: €65,00
09.00-15.00 pm	Canyoning Rappelling, sliding, jumping and swimming through to washed out rocks and water-falls! meeting point: Gschwandtkopf Seefeld to bring along: swimwear, good shoes (getting wet!), towel costs: €61,00
10.00-11.30 am	First hiking With this hiking-tour you can prepare yourself for the coming extensive hikes! meeting point: Gschwandtkopf Seefeld to bring along: good shoes costs: €10,00
10.00-11.30 am	Hiking for orientation You will see your holiday-environment and learn more about the numberless possibilities of hiking! meeting point: Gschwandtkopf Seefeld to bring along: good shoes costs: €15,00
15.00-18.00 pm	Herbage-hiking with Martin Take part in this special hiking tour and learn more about the power of herbs! meeting point: tourist office Reith to bring along: good shoes costs: €10,00
16.00-17.30 pm	First bike-tour You should acclimate yourself with this first bike tour before you take part on longer tours! meeting point: Gschwandtkopf Seefeld to bring along: bike costs: €10,00
18.30 pm	Welcome-cocktail We invite you to a welcome-cocktail in the hotel-lobby!

Monday




08.00-08.45 am	<p>Qui Gong & AIRobics Vitalise your body with this ruminant full-body-exercise! meeting point: Gschwandtkopf Seefeld to bring along: sportswear costs: €8,00</p>
08.00-15.00 pm	<p>Climbing On a very safe path you can make first climbing steps – ideal for beginners! meeting point: Gschwandtkopf Seefeld to bring along: good shoes, sportswear, biking-gloves costs: €49,00</p>
09.00-15.00 pm	<p>Canyoning Rappelling, sliding, jumping and swimming through washed out rocks and water-falls! meeting point: Gschwandtkopf Seefeld to bring along: swimwear, good shoes (getting wet!), towel costs: €61,00</p>
09.00-11.00 am	<p>Adventures on the cable On hanging boles, nets etc you can play with the gravitation. A holiday-fun for the whole family! meeting point: Gschwandtkopf Seefeld to bring along: good shoes, biking-gloves costs: €15,00</p>
10.00-13.00 am	<p>Botanic – scientific hiking An exciting hiking tour is waiting for your participation! Mrs Irmela Neumann, a scientist, will explain you some of nature secrets! meeting point: tourist office Seefeld to bring along: good shoes costs: €7,00</p>
10.00-13.00 pm	<p> Visit a farmer-house (4-8 years) – 10.07.06-08.09.06 Today you will get to know a lot of friendly animals. You will feed them and afterwards you can ride an original tractor! meeting point: Gizzis Kinderclub costs: €9,00 (1 drink included)</p>
13.15 pm	<p>Excursion to the Swarovski Kristallwelten Visit the world-famous Swarovski Kristallwelten! You will really be fascinated by the crystal-art! departure: from hotel costs: €18,00 (+ €7,00 entrance)</p>
14.00-16.00 pm	<p> Horse riding for kids (7-14 years) – 10.07.06-08.09.06 At Gizzis Kinderclub you can learn how to ride a little horse. meeting point: Gizzis Kinderclub costs: €15,00 (1 drink included)</p>
14.00-16.00 pm	<p>Bow and Tomahawk Try to hit the target with the bow and the tomahawk-axe! meeting point: Gschwandtkopf Seefeld costs: €29,00</p>
16.00-17.30 pm	<p>Nordic Walking Basics We will show you how to handle the new trend-sport – Nordic Walking! meeting point: Gschwandtkopf Seefeld to bring along: sportswear costs: €12,00</p>
18.45-19.30 pm	<p>Aqua Power Fitness in the water is a very efficient way of muscle-training! meeting point: Olympia swimming-pool to bring along: swimwear</p>

Tuesday




09.00-12.00 am	<p>Easy hiking-tour Today we start with a smooth hiking-tour! The destination is a little secret – you will be surprised! meeting point: Gschwandtkopf Seefeld to bring along: good shoes costs: €17,00</p>
09.00-12.00 am	 <p>Mountain adventure (from 6 years) Climbing, rappelling or shooting with bow and arrows are just a few of the exciting jobs you have to handle! meeting point: Gschwandtkopf Seefeld to bring along: good shoes, sportswear costs: €32,00</p>
09.00-12.00 am	<p>Hiking – half day Easy to middle-difficult hiking tour to the mountains of Seefeld. meeting point: Gschwandtkopf Seefeld to bring along: good shoes, sportswear costs: €17,00</p>
09.45-10.30 am	<p>Water-Gymnastics The exercise for everybody! meeting point: Olympia swimming-pool to bring along: swimwear</p>
10.00-12.00 am (from 04.07.06)	<p>Culture-walk through Seefeld We will show you historical places and important points of the culture of Seefeld. meeting point: tourist office Seefeld costs: €8,00</p>
10.00-15.00 pm	 <p>Day of pirates (4-8 years) – 10.07.06-08.09.06 Dressed as a pirate you go out for treasure-hunt! An exciting day full of surprises is waiting for you! meeting point: Gizzis Kinderclub costs: €18,00 (catering included)</p>
10.00-16.00 pm	 <p>Karwendel experience day (10-14 years) – 10.07.06-08.09.06 First you ride with the bike to the Karwendel. Afterwards you will hike through the Gleirschklamm. With the train it is going back to Seefeld! meeting point: Gizzis Kinderclub costs: €25,00 (bike, helmet and train-transfer included)</p>
10.15 am	<p>Excursion to Innsbruck Join the romantic historic district of Innsbruck! You might be surprised of the excellent shopping facilities and the wide range of sightseeing-possibilities. departure: from Hotel costs: €18,00</p>
16.00-17.30 pm	<p>Yoga Combine your spirit, body and energy – a spiritually experience! meeting point: Gschwandtkopf Seefeld to bring along: sportswear costs: €10,00</p>
20.30-21.30 pm	<p>Hike around the lake After dinner we invite you to a romantic hike around the lake. meeting point: reception desk</p>
21.00 pm	<p>Tyrolean music-evening At the pub “Tenne” you can dance to typical Tyrolean beats. A very funny evening!</p>

Wednesday







08.00-08.45 am	<p>Qui Gong & AIRobics Vitalise your body with this ruminant full-body-exercise! meeting point: Gschwandtkopf Seefeld to bring along: sportswear costs: €8,00</p>
09.00-14.00 pm	<p>Climbing – test-day Today you can test the climbing-sport. Just try it! meeting point: Gschwandtkopf Seefeld to bring along: good shoes, sportswear, biking-gloves costs: €38,00</p>
09.00-12.00 am	<p>Bike tour – half day You will visit the Möserersee, Lottensee and the Wildsee by bike! meeting point: Gschwandtkopf Seefeld to bring along: bike and helmet costs: €17,00</p>
09.30-11.00 am	<p>Nordic Walking lesson 1 With this lesson you will be shown the essentially knowledge of Nordic Walking. meeting point: Gschwandtkopf Seefeld to bring along: sportswear costs: €12,00</p>
09.45-10.30 am	<p>Aqua Power Fitness in the water is a very efficient way of your muscle-training! meeting point: Olympia swimming-pool to bring along: swimwear</p>
10.00-13.00 pm	<p> Boar-hunting (7-14 years) – 10.07.06-08.09.06 We show you how to shoot with bow and arrows and how to build a plunge. meeting point: Gizzis Kinderclub costs: €9,00 (1 drink included)</p>
10.00-14.00 pm	<p> Aqua-Kids (from 8 years) We will discover the nature with this children-canyoning tour. meeting point: Gschwandtkopf Seefeld to bring along: good shoes, a second pair of shoes (1 is getting wet), swimwear, sweater, towel and snack costs: €40,00</p>
14.00-16.00 pm	<p> Tatütata, the fire brigade is coming (4-8 years) – 10.07.06-08.09.06 You can sit in a real fire engine! meeting point: Gizzis Kinderclub costs: €6,00 (1 drink included)</p>
15.00-15.50 pm	<p>Golf lesson at the Golfacademy Seefeld Did you ever wanted to try out Golf-sport? Now you have got the possibility! meeting point: reception desk costs: €12,00 (50 min. lesson)</p>
15.30-18.30 pm	<p>Bike tour – easy to middle difficult Discover one of the numberless bike tours in the Olympiaregion Seefeld! meeting point: Gschwandtkopf Seefeld to bring along: bike and helmet costs: €17,00</p>
21.00-23.00 pm	<p>Casino evening Have a nice and elegant evening in the casino Seefeld – with Mrs. Regina Albrecht! meeting point: reception desk costs: €21,00 (casino tickets of €25,00 included)</p>

Thursday

09.00-15.00 pm	<p>Canyoning Rappelling, sliding, jumping and swimming through to washed out rocks and water-falls! meeting point: Gschwandtkopf Seefeld to bring along: swimwear, good shoes (getting wet!), towel costs: €61,00</p>
09.00-13.00 pm	 <p>Mountains-day at Hermannstal (4-8 years) – 10.07.06-08.09.06 Let's raise a dam, rappelling from the cliff and a lot more! Afterwards you can enjoy a barbecue! meeting point: Gizzis Kinderclub costs: €18,00 (barbecue included)</p>
09.30-12.00 am	<p>Nature-Hiking Our tour-guide will show you the fabulous nature of Seefeld. Just sit down and listen for a moment... You will really enjoy it! meeting point: Gschwandtkopf Seefeld to bring along: good shoes costs: €12,00</p>
10.00-15.00 pm	 <p>Kids on the rock (from 8 years) Learn more about climbing. meeting point: Gschwandtkopf Seefeld to bring along: good shoes, sportswear and a snack costs: €33,00</p>
14.00-18.00 pm	 <p>Above the sky and the earth (7-14 years) – 10.07.06-08.09.06 You can climb, rappel yourself and try to make difficult knots! meeting point: Gizzis Kinderclub costs: €18,00 (1 drink included)</p>
14.00-17.00 pm	<p>Bees-hiking Bees are not only the producers of sweet honey – they have got a lot more to show! With this hiking you can learn more about these fascinating creatures. meeting point: tourist office Reith to bring along: good shoes costs: €5,00</p>
16.00-18.30 pm	<p>Bow-shooting An expert will be at your side when you try to hit the target! meeting point: Gschwandtkopf Seefeld costs: €25,00</p>
18.45-19.30 pm	<p>Aqua Power – Italian lesson! Fitness in the water is a very efficient way of your muscle-training! meeting point: Olympia swimming-pool to bring along: swimwear</p>
20.30-21.30 pm	<p>BINGO evening Yeah, that's the way we like it! Thursday is Bingo day! The winner gets a nice price... meeting point: hotel lobby</p>

Friday

09.30-11.30 am	<p>Nordic Fitness Tour With this two hour tour you can improve your vitality and your constancy! meeting point: Gschwandtkopf Seefeld to bring along: sportswear costs: €17,00</p>
09.45-10.30 am	<p>Aqua Jogging That's the new way of jogging. Aqua jogging is not only a very healthy exercise as it is as funny as well! meeting point: Olympia swimming-pool to bring along. swimwear</p>
10.00-11.00 am	<p> Pony-hiking (from 3 years) You can ride a little pony at the Haideggerhof in Leithen! meeting point: Haideggerhof in Leithen costs for 30 Minutes: €7,00 costs for 60 Minutes: €10,00</p>
10.00-15.00 pm	<p> Adventure Parcours (from 8 years) On different hanging elements you can test your sense of balance! Don't be afraid – you are safeguarded! meeting point: Gschwandtkopf Seefeld to bring along: good shoes, sportswear costs: €46,00</p>
10.00-15.00 pm	<p> Day of American Indians (4-8 years) – 10.07.06-08.09.06 An Indian will show you how to build an original tipi and to look like a dangerous fighter! meeting point: Gizzis Kinderclub costs: €18,00 (1 Drink included)</p>
13.00-15.00 pm	<p> Kiddy-Golf (7-14 years) – 10.07.06-08.09.06 First you learn how to play golf and afterwards you can show your skills at the putting-match! meeting point: Golfclub Seefeld Wildmoos costs: €6,00</p>
16.00-17.00 pm	<p>Ride with the horse carriage A romantic ride with the horse carriage should not be missed at your holiday! meeting point: at the reception desk costs: €12,00 (children: €8,00)</p>
16.30-18.00 pm	<p>Nordic Walking lesson 2 This is the second part of the Nordic walking lesson – so you are able to improve your skills! meeting point: Gschwandtkopf Seefeld to bring along: sportswear costs: €12,00</p>

Saturday



08.00-15.00 pm	Climbing On a very safe path you can make first climbing steps – ideal for beginners! meeting point: Gschwandtkopf Seefeld to bring along: good shoes, sportswear, biking-gloves costs: €49,00
09.00-17.00 pm	Climbing lesson – part 1 A personal challenge of your power, smartness and your sense of balance! meeting point: Gschwandtkopf Seefeld to bring along: good shoes, sportswear, biking-gloves costs: €65,00
14.00-16.00 pm	Bow and Tomahawk Try to hit the target with the bow and the tomahawk-axe! meeting point: Gschwandtkopf Seefeld costs: €29,00
14.00-17.00 pm	White-water-adventure tour You will ride down the little river and have to handle some rapids. meeting point: Gschwandtkopf Seefeld to bring along: sportswear, swimwear, towel costs: €55,00

Bad-weather-program



Rain, wind and thunderstorms cannot avoid your holiday feelings, because we offer a special bad-weather-program!

Show cooking in the Hotel Die Post

Put on your chef's cap and take your wooden spoon – it's time for cooking! We will show you how to prepare original Tyrolean dishes! So you can offer your friends at home foreign specialities!

Wine testing

We invite you to a special wine presentation. Enjoy exclusive wines from all over the world and put your taste buds to the proof!

Make Up lesson

Our make up artist, Mrs. Kornelia, will show you which colours and which make up styles are best for your face!

Gambling afternoon

A funny afternoon with a lot of different games is a good way to affront the bad weather!