



## *We start in the new Week*

### *Montag, 10<sup>th</sup> of July to Sunday 16<sup>th</sup> July 2023*

#### *Monday, 10<sup>th</sup> of July 2023*

##### BrauKunstHaus Zillertal, Zell am Ziller

The private brewery Zillertal-Bier shows how the brewing craft in Zell am Ziller has developed over 16 generations with a multimedia exhibition. In the brewing art house how Zillertal beer is brewed. History is also a theme. Old archaic tools have been replaced with modern technology over time, as illustrated by the brewery's filling room, for example.

A large part of the exhibition is dedicated to the place of origin of Zillertal beer. It is about Zillertal mentality, alpine farming, customs and the traditional Gauder Festival.

At the end of the tour, you can taste different types of beer.

**Monday to Saturday from 10.00 a.m. to 6.00 p.m.**

##### Penken Panorama trail, Mayrhofen

A few metres from the top station of the Penken cable car, trail no. 22 (no. 23a) starts and leads past various viewing stations. At the end of the trail you can either continue in the direction of Penkenjoch (Finkenbergr) or return to the starting point - those who prefer a more leisurely route can take the Penken combined cable car down to the bottom.

**Length:** approx. 4.4 km

**Duration:** approx. 2 hours

##### Today in the EdenBar - MalisGarten

Many drinks owe their fame to the movies. Be the star this evening and toast with your favorite drink.

Our Chef de Bar & Sommelier will spoil you.

#### *Tuesday, 11<sup>th</sup> of July 2023*

##### Guided hike - Gerlosstein wall

**Start:** 9.00 a.m., reception DasPosthotel.

Journey together to Hainzenberg. Ascent with the Gerlosstein cable car (2,166 m) to the starting point of the hike. The somewhat steeper ascent to the summit cross takes 1.5 - 2 hours. At the summit there is a well-deserved break with a wonderful view of the Ahornspitze, Tristner, Grünberg and Brandberger Kolm.

The descent is via the Heimjoch back to the top station of the cable car.

**Total walking time:** approx. 4 h (depending on breaks)

Ascent and descent each approx. 520 hm Surefootedness required.

**Refreshment stops:** At the end of the tour at the Gerlossteinalm (before the descent).

##### Circular hike to Sacred Heart Chapel or Talbach waterfall, Zell am Ziller/Zellberg

From the starting point at Zillerbrücke, turn left at the Huber car dealership to reach the start. Follow the signs to junction 4 and 5. After about 300 m of ascent, the path leads left to the Josef Chapel on the Zellberg. Then follow the Way of the Cross to the right of the chapel to Gasthof Schulhaus and the Herz-Jesu Chapel. Return via the same path to the starting point.

**Duration:** approx. 2 hours

##### Mexican Agave Adventure



of this fruit with various mixed drinks.

Today, the Eden Bar is all about agave. You have the opportunity to taste rare agave distillates. Our competent bar team will demonstrate the diversity



A dream of mankind: to transform the earth into a flourishing garden. Those who want to realise dreams must dream deeper and be more awake than others.

Karl Foerster



#### *Wednesday, 12<sup>th</sup> of July 2023*

##### Guided hike - high mountain chapel in Zillergrund

**Start:** 08.30a.m., reception DasPosthotel

Together we drive into the Zillergrund to the Gasthaus Bärenbad (1.450 m). From there our hike takes us past the ibex worlds (enclosure) to the dam wall at 1,850m. From the dam wall we continue on a steeper narrow path to the high mountain chapel at 2275 m, which is dedicated to St. Valentine. After a short break, return along the same path to the dam wall or to the starting point (return from the dam wall by bus is possible).

Info: long hike with 800 hm ascent and 350 hm descent.

Total walking time approx. 5.5 h.

Surefootedness is required

##### Zillertal Farmers' Market

For the third time the Zillertal Farmers' Market starts its market season **every Wednesday from 3.00 p.m. to 6.00 p.m. at the music pavilion in Zell am Ziller.**

Fresh bread, cheese, eggs, bacon, honey, schnapps, homemade decorative items and many other regional quality products from farms are on offer.

##### Herbology in MalisGarten



The herbalist leading this workshop is very knows all about wild herbs and will tell you everything you need to know about their effects and preparation.

**Meeting point:** at 5.00 p.m. at the reception in MalisGarten, duration approx. 1 - 2 hours.

**Registration and cancellation at the reception until Tuesday 6.00 p.m.**

#### *Thursday, 13<sup>th</sup> of July 2023*

##### ZillerSeasons Yoga | Pilates

Meet and start in the MalisGarten fitness room at 10.30 a.m. and at 3.00 p.m. for yoga or pilates. Find time and relaxation for body, mind & soul, together with our Tatjana.

**Registration at the reception until 5.00 p.m. the day before.**



##### Brand new in the ZillerSeasons:

##### Cryo cold cabin

Relax & recharge your batteries at -85°C.

We would be happy to advise you!



A treatment can:

- have an anti-inflammatory effect
- positively support fitness
- stimulate the metabolism
- strengthen the immune system
- provide a refreshed complexion be anti-aging for tissue, skin and soul

##### Square concert of the Bundesmusikkapelle Zell am Ziller

Enjoy traditional, classical and modern brass music in the middle of the beautiful ambience of the park landscape at the Musikpavillon Zell am Ziller.

The Zeller Musikanten under the direction of Kapellmeister Fritz Joast are looking forward to your visit!

**Start:** 8.00 p.m.

**Admission free!**



## Friday, 14<sup>th</sup> of July 2023

### Wellnesstraining with Personal Trainer And Yoga / Pilates

**Wellness training:** Meeting point and start in the MalisGarten fitness room at 2.00 p.m.

**Yoga or Pilates:** MalisGarten:

10.30 a.m. and at 3.00 p.m.

Find time and relaxation for body, mind & soul, together with our Tatjana.

**Registration at the reception until 5.00 p.m. the day before.**

### Advanced Bio Lifting

The holistic maximum programme: Experience a unique beauty treatment. This intensive treatment with the flower pistil lifting massage supports your skin's natural ability to regulate itself. By using natural high-tech products such as the lifting serum and the intensive mask, your skin will appear visibly smoothed, refreshed and radiantly beautiful.

110 Min | 172 Euro



### Have you already planned your next Holiday?

Ask directly at the reception for an offer for your next time out.

We look forward to welcoming and pampering you again in one of our ZillerSeasons establishments.

**Our tip:** A ZillerSeasons voucher or a gift from our spa shop is always a unique present.

### BeerMenu with live music accompaniment

Tonight we serve you a special beer menu. Our Costa will accompany you musically will accompany you musically. Enjoy your time out and reserve your table early at the reception.

**Beer menu:** € 89,-

**Beer accompaniment:** € 25,-



## Saturday, 15<sup>th</sup> of July 2023

### Guided hike Nasenalm - Melchboden

**Start:** 9.15 a.m., reception DasPosthotel.

Joint ascent with the stagecoach to the Nasenalm. Here we start our hike to Melchboden (1,980 m), enjoy our rest there with a fantastic panorama and then hike back to the starting point!

**Total walking time:** approx. 3.5 h with 350 hm ascent and descent.

**Refreshment stops:** Melchboden, Nasenalm

### Golfing in Zillertal

The 18-hole championship course is rightly regarded as demanding and absolutely worth playing. It is clear that this is one of the "Leading Courses of Aus-tria".

courses. Four par-5, nine par-4, five par-3 holes are to be played in the face of the magnificent alpine panorama.

### Heleni

A more than 100-year-old stone pine parlour provides the dignified ambience for the restaurant in MalisGarten, which was recently awarded two forks in Falstaff, two stars in a la Carte and two toques in Gault Millau. At Heleni, the innovative kitchen team combines local organic products and dishes with French style elements. The result is bold, refined gourmet cuisine that tastes different depending on the season. The kitchen crew bases its menu entirely on nature and seasonal products.

The pleasure is rounded off by an individually individually matched wine accompaniment.

**Thursday to Saturday from 6.00 p.m.**

**Please reserve your table at our reception!**

### Enjoyable evening with harp

Sina will accompany you with her harp at our Eden Bar this evening.

Surrounded by these gentle sounds, our bar team will serve you fine drinks. Enjoy a lovely evening and please reserve a table early.

## Sunday, 16<sup>th</sup> of July 2023

### Swinging Sunday MalisGarten

We cordially invite you to our Swinging Sunday in our MalisGarten - Green-SpaHotel.

Visit our EdenPatisserie for dancing and cupcakes, accompanied by legendary hits from the 70s and 80s.

From 2.00 p.m. to 5.00 p.m.

**Swinging package with cupcakes, hot drink and sparkling wine**

**at the price of € 15,00 per person.**

**Mali's Tea Time package with a tea time**

**etagere, 1 pot of tea and sparkling wine for**

**€ 25,00 per person.**



### Wellnesstraining with

### Personal Trainer

Meeting point and start in the MalisGarten fitness room at 6.00 p.m.

Depending on the weather, the exercises will also take place outdoors.

- please bring outdoor clothing.

**Registration at the reception until Saturday 5.00 p.m.**

### Nature discovery trail and bird nature trail

### Hart in the Zillertal

Who is chirping so virtuously? This is a question that many forest visitors ask themselves from time to time. On the bird nature trail near Hart in the Zillertal there are numerous information boards with lots of answers about the local bird life. Parallel to this, the Nature Experience Trail has been laid out on the same route, which introduces and explains the secrets of the forest to young and old at 15 stations. Smelling, feeling, listening - all this is absolutely welcome. On the way, you will pass the Harter Schleier waterfall, at 91 metres the highest waterfall in the Zillertal. The hike is not very demanding and is ideally suited for families with children. The starting point for this circular hike is either the Almdiele Inn in Oberhart or in Niederhart at the Hamberg Inn.

**Length:** approx. 6.5 km

**Duration:** approx. 2.5 hours

## ZillerSeasons – Hotel Collection

### Product of the week

Our competent staff will be happy to advise you in detail about the entire range of products.

### Your Daily High Protection

### Sun Cream SPF30

Summer and winter sun protection for face, neck and décolleté with innovative UVA and UVB filters and selective active ingredients from butterfly bush and sea buckthorn. A broad-spectrum photoprotector provides intensive sun protection and extra moisture. Lightweight, non-greasy, suitable for children and all skin types.

Apply generously before sun exposure.



### Back-Head-Neck-Massage

An ideal combination of special

An ideal combination of special grip techniques and powerful herbal oils to relieve the muscles, release tension and switch off the mind.

Loosens, relaxes and revitalises.

For new life energy and grounding.

20 min | € 49

45 min | € 96

### Our tip for you - Late CheckOut

Turn your day of departure into a holiday.

Ask at your reception for our great packages with partial massage, lunch or tea time.

On your day of departure, you are welcome to use our Herbarium SPA in MalisGarten for € 35,00 per person and our Boutique SPA in DasPosthotel for € 28,00 per person until 5.00 p.m.

If your room is still available on the day of departure, we will be happy to make it available to you in combination with our offers.