



Weekly Nature, Sport, Wellbeing activity plan

MONDAY:

The week is starting with a first **exploration of the beauty of our territory**. Roberto will be our guide, he will take us to a journey finding out the mountain peaks that shape our area “Alpe Daolasa”. Leaving Hotel at 9 am we will reach on foot Daolasa’s Cableway Station to take the lift, which will take us up to 1.400 m asl. **Walking surrounded by Nature**, we’ll chat about past and future, about the essential balanced relationship between Mankind and Nature, about old wise professions and outdoor charm. At lunch time, Tevini’s Family & Staff will be waiting for us at Alpe Daolasa Mountain Hut 2.045 m asl, ready to satisfy our taste with a “Solandro” typical dish.
Time 9 am – 3.45 pm | Difficulty: easy / medium

TUESDAY:

Leaving at 9 am for a full day experience into **Stelvio National Park**: with 130.700 hectares of protected nature, it is one of the biggest and historical Parks of our Nation. It’s positioned in the heart of Central Alps, it includes **Ortles-Cevedale mountain range** and its valleys. It offers a spectacular array of fauna and flora thanks to its extension. This is one of the reasons that make the Stelvio Park one of the main destination for Nature lover.
Time 9 am – 3.45 pm | Difficulty: medium | Packed Lunch

WEDNESDAY:

Today is your choice between two different activities.

Yoga: Yoga practise with Sonia, our teacher graduated in “Satyananda Bihar School” – India. It will be a “Hatha Yoga” practise in which we will experience millennial practises for a **good relaxation** and healthy effect on our **body and mind**.
Time: 10 am to 11 am | Location: Parco Fluviale

Mountain E-Bike: Explore deep green Nature of our valley, far from cars and urban centres, **experiencing** an enjoyable **E-bike ride tour**. Depending on the ride-level of participants, there is the possibility to choose different paths, where unpaved lover will have the opportunity to test the bikes.
Time: 9 am to 12 pm | E-bike hiring cost: € 30

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TEVINI

DOLOMITES CHARMING HOTEL

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THURSDAY:

The plan for today is a 2 hours **walking experience** in a beautiful location called "Orti della Regina" in Adamello Brenta Natural park which is 2.000 m asl. It is a special day in which we add a bit of a Family flavour to this hike: we will find ourselves surrounded by Nature and fresh air, tasting a typical lunch-meal cooked by our Chef at Malga Vaglianella.

Time 9 am – 3.45 pm | Difficulty: easy / medium

FRIDAY:

Leaving Hotel on foot at 9.30 am for a **Nordic Walking experience**. We'll be walking on easy traks, 10% slope at the highest, practising techniques taught by our guide, related to breath and specific movements which makes Nordig Walking a renowned activity. We will provide professionals equipment.

Time 10 am – 12:30 pm | Difficulty: easy

NEWS

"**Cocktail under the stars**" in a little charming typical hut "Tevini Mountain Hut". Leaving Hotel at 8:45 pm, we will walk through the bush arriving to the little hut where the **Alpine Cocktail** made by our Barman Alessandro will be waiting for us. The "bravest" will also walk on the way back with our guide Roberto, equipped with flashlight, arriving to the Hotel at around 11 pm.

Difficulty: easy | At least 8 participants | Participation with fee: € 15 each person

SATURDAY:

Leaving at 9 am we will drive to Adamello Brenta Natural Park with Alto Lake as our final destination. We will take the lift to reach height 2.000 asl and be walking for around 3 hours, through Cembro Pine Forests, the plant of thousands properties. The Lake faces Brenta Dolomites, U.N.E.S.C.O's stunning heritage.

Time 9 am – 3.45 pm | Difficulty: medium | Packed Lunch

SUNDAY:

Today is your free **day of relax**, we haven't planned anything for you. You will choose how to live your day, knowing that if you need any advice about where to go or what to do, our guides will be at your disposal for accompany in a personalized itinerary.

Outdoor activity with extra costs