



TIP OF THE
WEEK

**YOGA WITH
MARTINA**

07th of March to 13th of March 2026

EXPERIENCE PROGRAM

FOR THE WHOLE FAMILY



CHILD CARE TIMES

Daily from 08:30am - 10:00 p.m.
Mini-Club for babies until 08:00 p.m.



RULES IN THE CHILDREN'S CLUBS

Parents are welcome in the childcare area



CHILDREN'S PASS - NAME BADGE

You will find the children's pass in your check-in folder.
You will receive the name tag at the children's club.
No children's pass and name tag - no supervision!



TO BRING WITH YOU

Please bring waterproof and weather-appropriate clothing and a drinking bottle

Please understand that we can only look after healthy children in the children's clubs in order to avoid the spread of mostly harmless but annoying infections.

However, thanks to the strictest food controls and hygiene standards, we can rule out that infections are caused by the hotel itself.

SATURDAY, 07.03.2026

Adult / family program

- ♥ 10:00 am Morning Sauna – our Areal Sauna is open today from 10:00 am – 9:00 pm until 4 pm Family Sauna, after 4 pm adults only
- ♥ 8:00 pm – 9:00 pm Registration for Ski School and transfer shuttle with Elina und Eva (Lobby)
- ♥ 8:30 pm Family Movie Time in the cinema: „Bedtime Stories“ FSK0 (without supervision)

SUNDAY, 08.03.2026

Adult / family program

- ♥ *9:30 – 10:00 Neck and Shoulder Relax Class with Carina (Fitness) – comfortable clothes
- ♥ 10:00 am Morning Sauna – our Areal Sauna is open today from 10:00 am – 9:00 pm until 4 pm Family Sauna, after 4 pm adults only
- ♥ *8:00 pm Lantern Walk through the village approx 30 min (meeting point: Sammelplatz)

MAGIC DAY, 09.03.2026

Adult / family program

- ♥ *4:00 – 4:45 pm Breathwork Session with various breathing techniques and meditations with Melanie (Fitness) – comfy clothes
- ♥ *5:00 – 5:45 pm Sound Healing Soft incl. aroma with Melanie (Fitness) – comfortable, warm clothes
- ♥ *5:00 - 6:00 p.m.: Parent-children yoga with Martina “forest” – from 4 years (Cinema)
- ♥ 5:30 pm – 7:30 pm Balloon Sculpting for all kids with our Balloon artist (Lobby)
- ♥ 8:00 pm Family Magic show with “Linkszwo3” in the cinema

TUESDAY, 10.03.2026

Adult / family program

- ♥ *07:00 – 08:00 am Morning Yoga „Wake up flow“ with Yoga trainer Emily (Fitness)
- ♥ *8:00 – 9:00 a.m.: Yoga for adults with Martina “start in the day mindfully” (Fitness)
- ♥ 10:00-10:30 am Aqua Fitness with Carina (Indoorpool)
- ♥ 4:00 – 6:00 pm Sauna Infusion every half hour with Janine in the AlpenSpa
- ♥ *5:00 - 6:00 p.m.: Parent-children yoga with Martina “flight to africa” – from 4 years (Cinema)
- ♥ 6:00 pm – 9:00 pm Fotobooth for your holiday memories (Lobby)
- ♥ 8:30 p.m. – Fun barrel-stave race at the toboggan run in Galtür Participation fee: € 5.00 per person

Children's program

- ♥ 8:30 a.m. Craft Bracelets (Kids Club)
- ♥ 10:00 am Crafting Time: make sunflower pictures (Atelier)
- ♥ *12:00 a.m. Lunch with supervision (Atelier)
- ♥ 2:30 p.m. Explore the Kids Club and get to know your entertainers (Kids Club)
- ♥ 4:00 pm Create Salt Dough masterpieces (Kids Club)
- ♥ *6:00 pm Dinner with Supervision (Atelier)
- ♥ 6:45 pm Monti comes to dance (Lobby)
- ♥ 7:00 pm Interactive puppets in the cinema „Kasperle ist da“
- ♥ 9:00 pm We play „Stadt-Land-Fluss“ (Kids Club)

Children's program

- ♥ 8:30 a.m. Playdough fun (Atelier)
- ♥ 10:00 Uhr Go-Cart drivers license in the Indoor Park Who can complete the parkour? No tokens needed
- ♥ *12:00 pm Lunch with supervision (Atelier)
- ♥ 2:30 pm Ninja Kids Parkour– who can get every level like a real ninja? (Soft Play Area)
- ♥ 4:00 pm Finger painting inspired by Arno Stern at our artists' wall (Painting Atelier)
- ♥ *6:00 pm Dinner with supervision (Atelier)
- ♥ 6:45 pm Monti comes to dance (Lobby)
- ♥ 7:00 pm Movie Time in the cinema, or free play: “Cars 3” FSK0 (with supervision)
- ♥ 9:00 pm Hotel Rally – from 8 years (through the hotel)

Children's program

- ♥ 08:30 am Decorate your VIP pass with stickers
- ♥ 10:00 pm Kids Kitchen: Bake Donuts and decorate with toppings (Atelier)
- ♥ *12:00 pm Lunch with supervision (Atelier)
- ♥ 2:30 p.m. We paint the snow with watercolours (Outdorr)
- ♥ 4:00 p.m. Make your own magic wand for tonight's magic show (Ateleir)
- ♥ *6:00 p.m. Dinner with supervision (Atelier)
- ♥ 6:45 p.m. Monti comes to dance (Lobby)
- ♥ 8:00 pm Family Magic show with “Linkszwo3”
- ♥ *8:30 pm Mermaid Swimming at least 8 years old - € 28,00 per child

Children's program

- ♥ 08:30 a.m Cup Challenge (Kids Club)
- ♥ 10:00 a.m. Crafting time: Make bracelets (Atelier)
- ♥ *12:00 pm Lunch with supervision (Atelier)
- ♥ 2:30 p.m. Girls Time: manicure with nail polish Boys Time: cool hairstyles with hair gel (Kids Club)
- ♥ 4:00 pm Tattoo Time and Face Painting (Kids Club)
- ♥ *6:00 p.m. Dinner with supervision (Atelier)
- ♥ 6:45 p.m. Monti comes to dance (Lobby)
- ♥ 7:00 pm Friends' Night: Questions About You - Polaroid fun with question cards included or Friends Book € 6.00 (available at the reception)
- ♥ 8:00 pm Teenie Movietime in the cinema: „Love Simon“ FSK60 (without supervision)

WEDNESDAY, 11.03.2026

Adult / family program

- ♥ *08:00 – 08:40 a.m. Pilates with Anja (Fitness)
Difficulty level: medium
- ♥ *09:00 – 09:45 a.m. PMR stress reduction – the basics of progressive muscle relaxation (Fitness) – warm, comfortable clothing
- ♥ .4:00 – 6:00 Uhr Sauna Infusion every half hour with Janine in the AlpenSpa
- ♥ *4:00 pm – 5:00 pm Après-Ski Yoga with yoga instructor Emily (Fitness)
- ♥ *5:00 - 6:00 p.m.: Parent-children yoga with Martina “farm” – from 4 years (Cinema)
- ♥ *6:00 – 7:00 p.m.: Yoga for adults with Martina “serenity” (Fitness)
- ♥ 6:30 pm – 9:30 pm Night Skiing in Galtür
Tickets available at reception
(additional charge applies)

TUESDAY, 12.03.2026

Adult / family program

- ♥ *8:00 – 9:00 a.m.: Yoga for adults with Martina “energy for the day” (Fitness)
- ♥ *4:00 – 4:45 pm Soundhealing Intensiv with Melanie (Fitness) – comfortable clothing
- ♥ *5:00 – 5:45 pm Breathwork Session - various breathing techniques and meditations with Melanie (Fitness) – comfortable clothing
- ♥ *5:00 - 6:00 p.m.: Parent-children yoga with Martina “winter” – from 4 years (cinema)
- ♥ *6:00 – 6:30 pm Cold Plunge Training to activate and regenerate the body– only bookable in combination with the breathwork session € 70,00 p. Person
- ♥ 8:00 pm Cocktail-Night in Biwak66 – selected Cocktails for € 9,00

FRIDAY, 13.03.2026

Adult / family program

- ♥ *8:00 – 9:00 a.m.: Yoga for adults with Martina “selflove” (Fitness)
- ♥ 10:00 am Morning Sauna – our Areal Sauna is open today from 10:00 am – 9:00 pm until 4 pm Family Sauna, after 4 pm adults only
- ♥ 9:00 pm Bingo for the whole family with exciting prizes (Lobby)

Children's program

- ♥ 08:30 am Finger art with your fingerprint (Atelier)
- ♥ 10:00 am Animal Flow for Kids with our Physiotherapist Carina (Kino)
movement – dance – coordination - relaxation
- ♥ *12:00 pm Lunch with supervision (Atelier)
- ♥ 2:30 pm CD Upcycling – make a sun from an old CD (Atelier)
- ♥ 4:00 pm Superhero training
incl. superhero pass (Kids Club)
- ♥ *6:00 pm Dinner with supervision (Atelier)
- ♥ 6:45 pm Monti comes to dance (Lobby)
- ♥ 7:00 pm Magic Moment with Teddy Eddy: bedtime story in a cosy atmosphere – come in your pyjamas and bring your cuddly toy (Cinema)
- ♥ *9:00 p.m. Cocktail workshop with our bartender (hotel bar) from 8 years – € 6.00 per child

Children's program

- ♥ 08:30 am build with LEGO Duplo bricks (Kids Club)
- ♥ 10:00 am T-Shirt or cap painting
for € 6,00 (Atelier)
- ♥ *12:00 pm Lunch with supervision (Atelier)
- ♥ 2:30 pm Lets play in the snowy hotel playground (Outdoor)
- ♥ 4:00 pm Create a Lasting Memory with Your Handprint (Indoor Park)
- ♥ *6:00 pm Dinner with supervision (Atelier)
- ♥ 6:45 pm Monti comes to dance (Lobby)
- ♥ 7:00 pm Movie Time in the cinema, or free play: “Hercules” FSK0 (with supervision)
- ♥ *9:00 pm Pool-Party with cool music – at least 8 years old (Indoorpool)

Children's program

- ♥ 08:30 am Make Play-Corn figurines (Kids Club)
- ♥ 10:00 am make your own pizza (Atelier)
- ♥ *12:00 pm Enjoy your pizza (Atelier)
- ♥ 2:30 pm Snowball throwing contest (Outdoor)
- ♥ 4:00 pm Series Time „Heidi“ FSK0 – we watch 2 episodes (Cinema)
- ♥ *6:00 pm Dinner with supervision (Atelier)
- ♥ 6:45 pm Monti comes to dance (Lobby)
- ♥ 7:00 pm Mini Disco – Goodbye party after the Ski race with Sparkling Kids Wine (Cinema)
- ♥ 9:00 pm Bingo for the whole family with prizes (Lobby)

Pre-registration in our Hotel App is required for events marked with *

TIPS FOR YOUR STAY

Horse-drawn sleigh ride in Ischgl

Experience the beauty of the Paznaun region on a romantic horse-drawn sleigh ride through snow-covered forests and valleys.

Always in view: the imposing mountain peaks of the Silvretta.

The clattering of hooves in the background. Wrapped up in warm blankets, you explore the unique natural surroundings.

Contact: Daniel Zangerl
T +43 (0) 664 22 16 323

info@kutschenfahrten-ischgl.at
Price: € 110.00 Round trip - 1 hour

Rental equipment outdoor

Baby carriages, toboggans and sledges can be borrowed free of charge at any time.

Directly behind the hotel you can enjoy your winter walk with the whole family.

You can find a small toboggan slope for adventurous tobogganing fun at skischool Galtür.

Swimming course

Baby swimming: € 18.00 / approx. 30 min

Monday to Friday / 2:00 p.m. - 2:30 p.m.

In the SWIMTRAINER "Classic", the correct swimming position is adopted from the very beginning, in addition the prone position strengthens the important back and neck muscles

Toddler swimming: € 23.00 / approx. 30 min

Monday to Friday / 2:30 p.m. - 3:00 p.m.

The toddler switches to the SWIMTRAINER "Classic" orange when they are 2-3 years old and have completed the water familiarization course.

Children's swimming course: € 110.00 / 5 days / 60 min. each

Monday to Friday / 10:00 a.m. - 11:00 a.m.

The 5-day course lasts 1 hour each (from 4 years)

Private swimming course: € 35.00 / approx. 50 min

Individual lesson in a group: € 26.00 / approx. 50 min

Toboggan run in Kappl

You can reach the six-kilometre-long toboggan run from the valley on the Diasbahn. Don't have a toboggan with you? Simply borrow one from the rental shops on site and off you go!

Every day from 8:30 a.m. to 4:30 pm, you can feel the adrenaline rush as you ride through the exciting hairpin bends. Tickets are available directly from the cable car in Kappl.

