



WOCHENTIPP

**Kids Yoga
with
Dominik**

24th August to 30rd August 2026

EXPERIENCE PROGRAM

FOR THE WHOLE FAMILY



CHILDCARE OPENING HOURS

Daily from 08:30 to 22:00
Mini-Club for babies until 20:00



RULES IN THE KIDS CLUBS

Parents are welcome in the
childcare area.



CHILD PASSPORT - NAMETAG

You will find the child's pass in your
check-in folder. You will receive the
name tag at the Kids Club.
No child's pass and no name
tag — no childcare!



THINGS TO BRING WITH

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

Please understand that we can only care for healthy children in the kids' clubs in order to prevent infections.
However, thanks to the strictest food safety controls and hygiene standards,
we can rule out any infections being caused by the hotel itself.

ADULTS & FAMILY PROGRAM

KIDS' PROGRAM

MONDAY, 24TH AUGUST 2026

- ♥ **10:00 AM: Morning Sauna** – today our sauna area opens from 10:00 a.m. – 9:00 p.m.
until 4:00 PM: Family Sauna
from 4:00 PM: Adults Only
- ♥ ***4:00 PM – 5:00 PM: Slow Flow Yoga** with yoga instructor Emily (Fitness Room)
- ♥ **7:00 PM – 10:00 PM Air rifle shooting** – € 4.00
Galtür Shooting Range
- ♥ **8:00 PM: Family Movie Time in the Cinema:**
„Hui Buh: The Castle Ghost.“ FSK0 (*without supervision*)

TUESDAY, 25TH AUGUST 2026

- ♥ ***8:15 AM: Guided Adventure Hike to the Bielerkopf** with our hiking guide | Duration approx. 5 hours | Packed snack can be prepared at the breakfast buffet | **Meeting Point:** Assembly Point
- ♥ **10:00 AM: Morning Sauna** – today our sauna area opens from 10:00 a.m. – 9:00 p.m. | *until 4:00 PM: Family Sauna* | *from 4:00 PM: Adults Only*
- ♥ ***4:00 PM – 4:45 PM: PMR Stress Reduction – Tense and relax your muscles** - the foundation of Progressive Muscle Relaxation (Fitness Room) – wear warm, comfortable clothing
- ♥ ***5:00 PM – 5:45 PM: Breathwork Session** – various breathing techniques and meditation with Melanie (Fitness Room) – comfortable clothes.

WEDNESDAY, 26TH AUGUST 2026

- ♥ ***8:00 AM – 8:45 AM: Gentle Sound Healing with Aroma Therapy** – singing bowl placed close to the body with Melanie (Fitness Room) – comfortable clothing recommended
- ♥ ***9:00 AM – 9:30 AM: Baby Sound Healing with Mom and/or Dad** | strengthens the parent-child bond – €28.00 per baby/parent in a group session
- ♥ ***4:00 PM – 5:00 PM: Gentle Yoga Session** with yoga instructor Emily (Fitness Room)
- ♥ **6:00 PM – 8:00 PM: Tyrolean Buffet Evening** in the restaurant featuring raclette from the local cheese dairy Huber

- ♥ 8:30 AM: Designing Smiley*Star*Passes (Kids Club)
- ♥ **10:00 AM Creative Time:** Create a magical glass (Atelier)
- ♥ *12:00 PM: Lunch *with supervision* (Atelier)
- ♥ ***1:45 PM: Off to Bike School Galtür – Silvatrails-Training** from approx. 8 years | €36.00 per child **including bike guide and equipment**
- ♥ 2:30 PM: Let's build a sandcastle (Outdoor)
- ♥ **4:00 PM: Finger Painting** in the Style of Arno Stern on our Artists' Wall (Art Studio)
- ♥ *6:00 PM: Dinner *with supervision* (Atelier)
- ♥ 6:45 PM: Monti comes for a Dance (Lobby)
- ♥ **7:00 PM: Magic Moment:** Bedtime Story in a cozy atmosphere – come to the cinema in your pajamas and bring your favorite cuddly toy
- ♥ ***8:00 PM: Mermaid Swimming** for very confident swimmers – € 28.00 per child

- ♥ **8:30 AM: Creative Time:** Create your own Popcornbag (Atelier)
- ♥ **10:00 AM: Kids' Kitchen:** Create Your Own Pizza with delicious Toppings (Atelier)
- ♥ *12:00 PM: Enjoy Your Pizza (Atelier)
- ♥ ***2:00 PM: FISHING at the Menta Alm** Walk approx. 30 minutes | suitable for strollers
Meeting Point: Assembly Point
- ♥ **4:00 PM: Face painting** – choose a design (Kids Club)
- ♥ *6:00 PM: Dinner *with Supervision* (Atelier)
- ♥ 6:45 PM: Monti Comes for a Dance (Lobby)
- ♥ **7:00 PM: Movie Time in the Cinema:**
„Mulan“ FSK0 (*with supervision*)
- ♥ ***9:00 PM: Cocktail Workshop** with our Bartender from 8 years – € 6.00 per child (Hotel Bar)

- ♥ 8:30 AM: **Creative Time:** Create a paper popsicle (Atelier)
- ♥ ***10:00 AM: The Horses are coming to Visit – Time for Horse Riding** | **Meeting Point:** Playground
- ♥ *12:00 PM: Lunch *with Supervision* (Atelier)
- ♥ **2:00 PM: Ahoy, Pirates! Off to the Hotel Playground** We're Going on a Treasure Hunt (Outdoor)
- ♥ 4:00 PM: glitter tattoos, trendy hairstyles & nail art (Kids Club)
- ♥ *6:00 PM: Dinner *with Supervision* (Atelier)
- ♥ 6:45 PM: Monti Comes for a Dance (Lobby)
- ♥ **7:00 PM: Friends Evening with Polaroid Fun** Question cards included or Friends Book €6.00 (available at the reception)
- ♥ ***8:00 PM: Pool Party** with Cool Drinks and Music from 8 years (Indoor Pool)

For the marked program items * a registration via our hotel app is necessary

THURSDAY, 27TH AUGUST 2026

- ♥ ***8:00 AM – 9:00 AM: Good Morning Flow Yoga** with yoga instructor Emily (Fitness Room)
- ♥ ***4:00 PM – 4:45 PM: Intensive Sound Healing** – singing bowl placed close to the body with Melanie (Fitness Room)
– *comfortable clothing recommended*
- ♥ ***5:00 PM – 5:45 PM: Breathwork Session** – various breathing techniques and meditation with Melanie (Fitness Room)
– *comfortable clothing recommended*
+ Optional add-on after the Breathwork Session:
- ♥ ***Cold Plunge Training** to specifically activate and regenerate the body €70.00 per person
- ♥ **9:00 PM: Cocktail Night at Biwak66** – Selected cocktails for €9.00 each

FRIDAY, 28ST AUGUST 2026

- ♥ ***9:30 AM: Guided family hike for everyone to Sonnenkogel** with our hiking guide – duration approx. 3 hours | Packed snack can be prepared at the breakfast buffet
Meeting point: Assembly Point
- ♥ **10:00 AM: Morning Sauna** – today our sauna area opens from 10:00 a.m. - 9:00 p.m.
until 4:00 PM: Family Sauna
from 4:00 PM: Adults Only
- ♥ **9:00 PM: Bingo for the Whole Family (Lobby)**
Great prizes are waiting for you!

SATURDAY, 29ND AUGUST 2026

- ♥ **10:00 AM: Morning Sauna** - today our sauna area opens from 10:00 a.m. - 9:00 p.m.
until 4:00 PM: Family Sauna
from 4:00 PM: Adults Only
- ♥ **8:00 PM: Campfire Evening for the Whole Family** on the Terrace, enjoy marshmallows and music
- ♥ **8:15 PM: Date Night in the Cinema for Parents**
„The Devil wears Prada 2" FSK0 (without supervision)

SUNDAY, 30RD AUGUST 2026

- ♥ ***9:30 AM: Guided Adventure Hike for everyone to the the most beautiful viewpoint** with our hiking guide | Duration approx. 3 hours | Packed snack can be prepared at the breakfast buffet
Meeting Point: 8:45 AM at the Assembly Point
- ♥ **6:00 PM – 8:00 PM: Photo Booth** for Unforgettable Holiday Memories (Lobby)
- ♥ ***9:00 PM: Flashlight Hike for the whole Family**
Duration approx. 30 minutes
Meeting Point: Assembly Point

- ♥ 8:30 AM: Build Your Own LEGO® Tower (Kids Club)
- ♥ **10:00 AM: Parent & Child Crafting in the Atelier**
Paint your T-shirt, cap, or bib – € 6,00
- ♥ ***12:00 PM: Lunch with Supervision** (Atelier)
- ♥ ***1:45 PM: MINI RACERS – off to Bike School!** E-mini motorcycles and electric balance bikes for children aged 3 and up, € 16.00 per child including equipment
- ♥ 2:30 PM Playmais (Atelier)
- ♥ **4:00 PM: We plant our raised garden bed** (Indoorpark)
- ♥ ***6:00 PM: Dinner with Supervision** (Atelier)
- ♥ 6:45 PM: Monti Comes for a Dance (Lobby)
- ♥ **7:00 PM: Mini Disco** – with cool music, popcorn, and children's sparkling drink (Cinema)
- ♥ **8:00 PM: Teen Movie Night in the Cinema**
„Parents-Free Zone" (without supervision)

- ♥ 8:30 AM: Circle games at the Kids' Club
- ♥ **10:00 AM Kids' Kitchen:** Make a Milkshake (Atelier)
- ♥ ***12:00 PM: Lunch with Supervision** (Atelier)
- ♥ **2:00 PM: The terrace becomes a canvas – sidewalk chalk fun** (Outdoor)
- ♥ **4:00 PM: Leave Your Mark with a Handprint Keepsake** (Indoor Park)
- ♥ ***6:00 PM: Dinner with Supervision** (Atelier)
- ♥ 6:45 PM: Monti Comes for a Dance (Lobby)
- ♥ **7:00 PM: Movie Time in the Cinema:**
„Pocahontas" FSK0 (with supervision)
- ♥ **9:00 PM: Bingo for the Whole Family** (Lobby)

- ♥ 8:30 AM: Good Morning, Little Dancers! (Kids Club)
- ♥ **10:00 AM: Creative Time:** Make your own magical sugar sand (Atelier)
- ♥ ***12:00 PM: Lunch with Supervision** (Atelier)
- ♥ **2:00 PM: : Go-Kart Driver's License** (Indoor Park)
No tokens are needed
- ♥ 4:00 PM: Science with Mini Experiments (Atelier)
- ♥ ***6:00 PM: Dinner with Supervision** (Atelier)
- ♥ 6:45 PM: Monti Comes for a Dance (Lobby)
- ♥ **7:00 PM: Monti's Got Talent** (Cinema)
- ♥ 9:00 PM: City, Country, River (Kids Club)

- ♥ 8:30 AM: Kids Yoga with Dominik (Cinema)
- ♥ **10:00 AM: Creative Time:** Funny wool monsters (Atelier)
- ♥ ***12:00 PM: Lunch with Supervision** (Atelier)
- ♥ **2:00 PM: Kids' Kitchen:** baking Cake Pops (Atelier)
- ♥ **4:00 PM: Animal encounters – feeding time at the petting zoo & playground fun** (Outdoor)
- ♥ ***6:00 PM: Dinner with Supervision** (Atelier)
- ♥ 6:45 PM: Monti Comes for a Dance (Lobby)
- ♥ **7:00 PM: Movie Time in the Cinema:**
„Toy Story 3" FSK0 (with supervision)
- ♥ **9:00 PM: Hotel Rally – from 8 years** (Kids Club)

TIPS FOR YOUR STAY

Mountain Highlights

Highlights in Galtür:

- ♥ Silva trail bike park
- ♥ Climbing Adventure
- ♥ Boulder park

Highlights in Ischgl:

- ♥ Adventure park
- ♥ Adventure Stage
- ♥ Sky Fly

Highlights in Kappl:

- ♥ Sunny Mountain Adventure Park
- ♥ Petting Zoo
- ♥ Mountain Carts
- ♥ Alpine Museum

Highlights in See:

- ♥ Health & Wellness Park
- ♥ Seebi's Bear World
- ♥ Medrig Carts
- ♥ Swimming Lake

Tickets available at the Lift stations!

Bikepark and Bikeschool Galtür

In the **Galtür Bike Park**, young and old alike can enjoy plenty of riding fun and exciting challenges. Varied courses offer perfect opportunities to improve technique and riding skills.

The **Galtür Bike School** offers a diverse program:

- bike skills training for all levels
 - guided bike tours
 - Family bike experiences

Information & registration directly at the Galtür Bike School or at the reception.

Swimming course

Baby swimming: € 18,00 / approx.. 30 min

Monday to Friday / 10:00 – 10:30

In the SWIM TRAINER "Classic" you adopt the correct swimming position right from the start, and lying on your stomach also strengthens the important back and neck muscles...

Toddler swimming: € 23,00 / approx. 30 min

Monday to Friday / 10:30 – 11:00

The toddler switches to the SWIMTRAINER "Classic" orange around the age of 2-3 when he or she has finished getting used to the water.

Children's swimming course: € 110,00 / 5 days / each 60 min.

Monday to Friday / 11:00 – 12:00

The 5-day course lasts 1 hour each. From a non-swimmer to a swimmer - definitely have fun!

Private swimming course: € 35,00 / approx. 50 min

Single class in the group: € 26,00 / approx. 50 min

Rental Equipment - Outdoor

Strollers, handcars, mountain go-karts, mountain bikes and helmets can be borrowed free of charge at any time at the reception. You can rent E-bikes directly opposite at Intersport Wolfart or at the bike school in Wirl (for a fee). **You can start your family trip right at the hotel playground!**

