



TRAUBE TONBACH

*best since 1789*



# Weekly Program

13<sup>th</sup> May – 19<sup>th</sup> May 2024

Hiking week with Rosi Haist

# Welcome to the Hotel Traube Tonbach

Dear guests,

Welcome at Hotel Traube Tonbach! Round off your visit to Traube Tonbach with excursions and activities for a unique experience. Here you will find all the possibilities we have planned, tested and found to be wonderful in terms of enjoyment, sport and culture, with which you can make yourself and your loved ones happy.

We are delighted that you are our guests and wish you a relaxing stay.



Familie Finkbeiner

## **Destinations.**

We have summarized interesting excursion destinations for you in an informative brochure. You can find them at the Guest Relations Desk in the reception area. We would be happy to advise you personally.

## **Information center at Ruhestein.**

Currently, tickets for the exhibition cannot be booked online. On site you can buy tickets for the respective day. Please note that cash payment is currently only possible on site. The center is closed on Mondays.

## **Freudenstadt.**

The largest market square in Germany, the striking city church, the historic visitor mine or the Friedrichsturm - the city: Freudenstadt is worth seeing and experiencing.

Get in touch with us. We are happy to advise you at the information desk.

**Monday, 13<sup>th</sup> May 2024** / Blockhütte is closed.

**08.00 am Aqua gym in the sports pool.**

Water aerobics trains the entire musculoskeletal system as well as the cardiovascular system to increase strength and endurance. You relieve your joints and strengthen all the important muscles in your torso. Registration until 7.30 a.m. Duration 30 minutes. Meeting point is in the pool area.

**09.30 am The information is available in the reception area until 11.30 am**

From 9 - 11.30 am we are personally there for you. Don't hesitate to book your reservation and fares or ask for advice about the many opportunities. We are happy to accept your registrations and sign you up for our sports program.

**10.30 am Hiking week with Rosi Haist / Mummelsee - Hornisgrinde.**

We take the hotel bus to Mummelsee on the Black Forest High Road. Here we hike around the legendary Mummelsee, then on to the Hornisgrinde - at 1164 m the highest mountain in the northern Black Forest. We walk past the Hornisgrindeturm tower across an area of high moorland to the Bismarck tower, where we take a short break and enjoy the magnificent view. Length 6 km, easy level, planned return at 3 pm. Registration by 9 am. Meeting point is at the Stammhaus entrance.

**11.00 am Stammhaus House tour with Iris Mahler.**

On April 8<sup>th</sup> 2022, we opened our Stammhaus after it was under construction for 21 months. The new building is an addition to our hotel in the center of Tonbach and has a total area of 3000 square meters. Today, Iris Mahler will guide you on an informative tour through the new building. We can even have a look behind the scenes. Duration 50 minutes. Registration until 10 am. Max 15 people. Meeting point is the entrance of the Stammhaus.

**01.30 pm Delicious afternoon" buffet from 1.30. to 3.00 pm**

Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant. We wish you a bon appetit and a pleasant afternoon.

**03.30 pm BodyArt Mobility training with Iris Mahler.**

Mobility training combines various mobility exercises that increase your body's range of motion. Duration 40 minutes. Registration until 12 pm. Meeting point is in the Well-Fit room.

**Excursion destinations.**

We have summarized interesting excursion destinations for you in an informative brochure. You will find these at the Guest Relation Desk in the reception area. We will be happy to advise you personally.

**Tuesday, 14<sup>th</sup> May 2024** / Blockhütte is closed.

**08.00 am Aqua gym in the sports pool.**

Water aerobics trains the entire musculoskeletal system as well as the cardiovascular system to increase strength and endurance. You relieve your joints and strengthen all the important muscles in your torso. Registration until 7.30 a.m. Duration 30 minutes. Meeting point is in the pool area.

**08.50 am Soft Mobilization with Iris Mahler.**

The gentle mobilization of joints, tendons and ligaments can relieve tension without overstraining the body. Duration 40 minutes. Registration by 8 am. Meeting point is in the Well-Fit room.

**9.30 am The information is available in the reception area until 11.30 am.**

From 9 - 11.30 am we are personally there for you. Don't hesitate to book your reservation and fares or ask for advice about the many opportunities.

**10.30 am Hiking week with Rosi Haist / Buhlbach - Glashütte and Forellenhof.**

We take our hotel bus to Obertal-Buhlbach. From the Glashütte, we hike on natural forest paths along the Röhrsbächle via the Hirschauer Forest to Obertal. There we cross over to the other side of the valley and follow the Rechtmurg river back to the starting point. After a relaxing stop at the Forellenhof, we make our way back home. Length 6 km, easy level, return at 2 pm. Registration by 9 am. Meeting point is at the hotel entrance.

**01.30 pm Delicious afternoon" buffet from 1.30. to 3.00 pm.**

Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant.

**02.30 pm Back Fit with Imola Schumacher.**

Today, we will focus on exercises to strengthen your entire back. This training is suitable anyone. For those who suffer from back pain, as well as for those who want to maintain a strong and healthy back. Everyone is welcome, no matter if you are a beginner or advanced. We will combine various mobility exercises that increase your body's range of motion. These include flexibility, balance and strength. Duration 50 minutes. Registration by 12 pm. Meeting point is in the Well-Fit room.

**03.30 pm BBP / abdominal / legs / glutes.**

A holistic workout to strengthen the abdominal, leg and glute muscles. An intensive warm-up phase is followed by strengthening training, which boosts fat burning. We will focus on targeted muscle groups to reach the deep muscle tissue. Registration until 12 pm. Duration 50 minutes. Meeting point is in the Well-Fit room.

**Wednesday, 15<sup>th</sup> May 2024 / Blockhütte is open.**

**09.30 am    The information is available in the reception area until 11.30 am**

From 9 - 11.30 am we are personally there for you. Don't hesitate to book your reservation and fares or ask for advice about the many opportunities. We are happy to accept your registrations and sign you up for our sports program.

**10.30 am    Hike with Rosi Haist / Freudenstadt - Kienberg.**

We take our hotel bus to Freudenstadt. From there, we head up the Kienberg and continue along the Logentannenpfad to the Logenhütte and Gminder Weg - the Plenterwalf path. Now the trail leads past the Agnesruhe and through the Teuchelwald forest to the beautifully situated café on the Kienberg, where we stop for a leisurely break. Length 6 km, easy level, return at 2.30 pm. Registration by 9 am. Meeting point is at the hotel entrance.

**11.45 am    Fit while sitting with Iris Mahler.**

Doing the exercise sitting down requires less strength, takes the strain off your joints and doesn't overstrain your balance. And yet this way you can get your circulation going, stretch and strengthen specific muscle groups. Duration 40 minutes. Registration by 11 am. Meeting point is in the Well-Fit room.

**01.30 pm    Delicious afternoon" buffet from 1.30. to 3.00 pm**

Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant.

**03.00 pm    Stick shooting.**

Similar to boccia, the aim of stick shooting is to push the stick as close as possible to the stave. The game is played in small teams - great fun for everyone involved. Duration 85 minutes, registration by 10 a.m. (minimum 3, maximum 8 people, only takes place in dry weather). Meeting point at the Traube Stockbahn.

**03.00 pm    Fit Mix with Iris Mahler.**

A comprehensive full-body workout with endurance, strength, flexibility and coordination, a perfect mix of different forms of fitness. In the second third there is an intensive abdominal workout with stretching at the end. No previous experience is required. Duration 45 minutes. Registration by 12 noon. Meeting point is in the Well-Fit room.

**04.30 pm    Port Wine Tasting with Luis Fernandes.**

Port wine is either a sweet red or white wine. Traditionally, it originates from the Alto Douro region in the Duoro Valley in Portugal. We invite you to today's tasting with a welcome drink, followed by a brief lecture about the characteristics of port wine. Enjoy a tasting of 8 quality port wines. Registration until 12 pm. Contribution to coast 55 euros. (included is the tasting, lecture, and finger food). Meeting point is in the Vinothek).

**Thursday, 16<sup>th</sup> May 2024 / Blockhütte is open.**

**08.00 am Aqua gym in the sports pool / please register.**

Training in the water strengthens our cardiovascular system and helps to increase strength and endurance. Duration 30 minutes. Meeting point is in the pool area.

**09.30 am The information is available in the reception area until 11.30 am**

Don't hesitate to book your reservation and fares or ask for advice about the many leisure opportunities in our region. We are happy to accept your registrations and sign you up for our sports program or reserve the right bike for you.

**10.30 am Hike with Rosi Haist / On the way in Geroldsau.**

We take the hotel buses to Geroldsau. We walk along Grobbach and across beautiful meadows. The highlight of this hike is the path through the beautiful rhododendron forest - lush rhododendron blossoms in an idyllic valley. After a leisurely stop for refreshments, we hike back to Geroldsau, where this hike ends. Length 6 km. Easy level, return 3 pm. Registration by 9 am. Meeting point is at the hotel entrance.

**11.45 am Back Fit with Iris Mahler.**

Today, we will focus on exercises to strengthen your entire back. This training is suitable anyone. For those who suffer from back pain, as well as for those who want to maintain a strong and healthy back. Everyone is welcome, no matter if you are a beginner or advanced. We will combine various mobility exercises that increase your body's range of motion. Duration 50 minutes. Registration by 11 am. Meeting point is in the Well-Fit room.

**01.30 pm Delicious afternoon" buffet from 1.30. to 3.00 pm**

Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant.

**02.30 pm Functional Training with Imola Schumacher.**

Functional training is a form of training that is relevant to everyday life and across all sports. It involves complex movement sequences that work several joints and muscle groups simultaneously. Duration 50 minutes. Registration by 12 noon. Meeting point is in the Well-Fit room.

**04.00 pm BodyArt yoga inspired / gentle with Iris Mahler.**

The principles of polarity, functionality and mental relaxation are at work here. bodyART combines training positions and classic breathing techniques to create a synergy of physical training and mental relaxation. You will recognize elements from yoga. Registration until 11 am. Duration 70 minutes. Meeting point is in the Well-Fit room.

**06.30 pm Traditional Aperitif in our hotel hall.**

The management as well as department heads and employees greet you in the hotel bar to talk about our hotel. We look forward to seeing you there.

**Friday, 17<sup>th</sup> May 2024 / Blockhütte is open.**

**08.00 am Aqua gym in the sports pool.**

This class is perfect for people who are not able to perform certain movements on land anymore. You relieve your joints and at the same time strengthen all the important muscles to keep your torso and spine stable. Registration by 7:30 am. Duration 30 minutes. Meeting point is the pool area.

**09.30 am Information / guest relation / registration until 11.30 am.**

Don't hesitate to book your reservation and fares or ask for advice about the many leisure opportunities in our region. We are happy to accept your registrations and sign you up for our sports program or reserve the right bike for you. Outside of these hours our colleagues at the reception are happy to help you out.

**10.30 am Hiking week with Rosi Haist / Flora & fauna around Besenfeld.**

On an interesting nature and adventure trail, 24 boards provide information about animals, plants and the environment in the forest and meadows. A wonderful circular walk on the Besenfeld plateau. Length 6 km, easy level, planned return at 2 p.m., finishing in the log cabin (coffee and cake). Registration by 9 am. Meeting point is at the Stammhaus entrance.

**11.45 am Fit while sitting with Iris Mahler.**

Doing the exercise sitting down requires less strength, takes the strain off your joints and doesn't overstrain your balance. And yet this way you can get your circulation going, stretch and strengthen specific muscle groups. Duration 40 minutes. Registration by 11 am. Meeting point is in the Well-Fit room.

**01.30 pm Delicious afternoon" buffet from 1.30. to 3.00 pm**

Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant. We wish you a bon appetit and a pleasant afternoon.

**01.30 pm Stick shooting.**

Similar to boccia, the aim of stick shooting is to push the stick as close as possible to the stave. The game is played in small teams - great fun for everyone involved. Duration 85 minutes, registration by 9 a.m. (minimum 3, maximum 8 people, only takes place in dry weather). Meeting point at the Traube Stockbahn.

**03.30 pm BBP / abdominal / legs / glutes.**

A holistic workout to strengthen the abdominal, leg and glute muscles. An intensive warm-up phase is followed by strengthening training, which boosts fat burning. We will focus on targeted muscle groups to reach the deep muscle tissue. Registration until 12 pm. Duration 50 minutes. Meeting point is in the Well-Fit room.

**09.00 pm Live Music in the hotel hall with Luc Lemenu.**

**Saturday, 18<sup>th</sup> May 2024 / Blockhütte is open.**

**8.00 am Aqua gym in the sports pool.**

Water aerobics trains the entire musculoskeletal system as well as the cardiovascular system to increase strength and endurance. Registration until 7.30 a.m. Duration 30 minutes. Meeting point is in the pool area.

**09.30 am Information / guest relation / registration until 11.30 am.**

Don't hesitate to book your reservation and fares or ask for advice about the many leisure opportunities in our region. We are happy to accept your registrations and sign you up for our sports program or reserve the right bike for you. Outside of these hours our colleagues at the reception are happy to help you out.

**10.00 am Short hike with Rosi Haist.**

From the hotel, the route leads over the Härlisberg to the Obere Sonnenhalde. From here, the route leads uphill on a narrow woodcutters' path to the Alter Grenzstein and on to the Priorstein. The tour continues along a beautiful forest path to the Plauderstüble. Length 7 km, medium level, return 12.30 pm. Registration by 9 am. Meeting point is at the hotel entrance.

**01.30 pm Delicious afternoon" buffet from 1.30. to 3.00 pm**

Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant.

**03.00 pm Fat burner circuit workout with Danielle Wember.**

Muscle building, fitness training and conditioning - the intensive training sessions with lots of repetitions offer a holistic workout that stimulates the metabolism and is guaranteed to make you sweat. After a brief warmup we will perform a series of exercises at different stations across the room. Duration 50 minutes. Registration until 12 pm. Meeting point is in the Well-Fit room.

**04.00 pm Intensive abdominal training with Danielle Wember.**

An intensive abdominal workout that strengthens and shapes the abdominal muscles. An effective abdominal workout always includes exercises for each abdominal muscle area. This class is the ideal complement to the fat burner circuit at 3 pm. Duration 25 minutes. Registration until 12 pm. Meeting point is in the Well-Fit room.

**04.00 pm Wine tasting with Stephane Gass.**

A wine trip of a special kind. You can expect an excellent selection of personally selected wines that convince with quality and still offer new discoveries even for wine connoisseurs. Register by 12 p.m. Contribution to costs 30.- p. P. The meeting point is in the vinothèque in our shopping mall.

**09.00 pm Live Music in the hotel hall.**

Tonight, Ralph Lohaus will guide you through the evening.



**Sunday, 19<sup>th</sup> May 2024** / Blockhütte is open.

- 09.30 am**     **Catholic church service in Baiersbronn (check hygiene requirements).**  
The service takes place in the St. Maria Queen of the Apostles Baiersbronn, Pappelweg 15. The approach is self-directed.
- 10.15 am**     **Evangelic workschip.**  
In the Johanneskirche in Tonbach. If you follow the main road from the hotel towards Baiersbronn, you will reach the church by foot in about 15 minutes.
- 01.30 pm**     **Delicious afternoon” buffet from 1.30. to 3.00 pm**  
Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant and sweet temptations from our in-house patisserie. We look forward to seeing you there.
- 06.30 pm**     **Get-together aperitif in the hotel lobby.**  
We warmly welcome you to a cozy get-together and present the program for the coming week to you.

## **Information**

### **Traube Tonbach App.**

The Traube Tonbach app accompanies you during your stay, informs you about current events and exciting offers and gives you further helpful tips and information. Filter according to different interests such as cuisine, wellness, family or experiences and put together your own program from our activities. You will also find all the hotel information and important telephone numbers there.

### **Bicycle rental / bicycle issue.**

There are 4 MTB e-bikes, 6 e-bikes and a large selection of trekking and mountain bikes available for hire. The rental times are from 9.30am to 1.30pm and from 2pm to 6pm. To ensure that everything runs smoothly, we ask you to reserve a bike in advance at the information desk or reception. You will receive a ticket with which you can pick up your bike at the bike garage. The bikes and helmets are disinfected when they are handed out and returned.

### **Traube Kids’ Court Kids’ Court.**

The Kid’s Court is a huge, modern playroom with a mini-cinema, climbing wall, trampoline, table tennis and much more for guests ages 3 and up. Kids’ Court is open Sunday to Thursday from 10.00 am to 9.00 pm, and until 10.00 pm on Fridays, Saturdays and during holidays. Our fun and dedicated staff is looking forward to your visit.

**Main entrances.**

The main entrances to the main hotel and Haus Kohlwald are locked at night for security reasons. You can use your room key to open these doors at any time – simply open the glass door on the left side.

**Saunas.**

Our SPA lounge in our Haus Kohlwald has a panoramic sauna (clothing required) and the SPA in our main hotel has a clothing optional sauna.

**Spa & Resort.**

Our SPA & RESORT is located in our shopping arcade. You can book appointments with our aestheticians by dialing 607. Business hours: every day from 8.00 am – 7.00 pm

**Wellness.**

The swimming pool and sauna area are partially open. According to the regulation, certain basic rules apply, which we all have to observe together. Please note our signs in the swimming pool and sauna area accordingly. Thanks a lot.

## **Opening hours restaurants.**

Please note our hygiene standards in the restaurants.

### **Breakfast time in the Silberberg restaurant.**

**7.30 am – 11.30 a.m**

### **Enjoyable afternoon in the Silberberg restaurant from 1.30 pm to 3 pm**

We have various delicacies ready for you if you feel hungry in the afternoon.

### **Dinner at the Silberberg restaurant.**

We serve the menu in the evening from 07.00 pm

## **Stammhaus**

We would be happy to reserve a table for you in one of our à la carte restaurants Schwarzwaldstube, 1789 or Schatzhauser.

## **Schwarzwaldstube**

Opening hours:

Sat & Sun from 12 pm, Wed to Sun from 7 pm, Mon & Tue days off.

## **1789**

The ambience in our little 1789 is as cozy as the kitchen is modern.

Opening hours:

Mon, Tue, Fri, Sat, Sun from 7 pm, Wed & Thu days off.

## **Schatzhauser**

Under the direction of Florian Stolte, Swabian-Baden cuisine meets favorite dishes from all over the world and fine steak cuts from the grill in the Schatzhauser.

Opening hours:

Tue to Sat 12.30 pm – 8.30 pm, Sunday 12.30 pm – 5.30 pm, closed on Mondays.

## Opening hours

Saunas	Tuesday to Sunday Monday	12.00 pm to 08.00 pm 02.00 pm to 08.00 pm
Spa & Resort	Every day	09.00 am to 07.00 pm
Hair-Spa	Make an appointment	
Vinothek	Monday to Wednesday Thursday to Saturday Sunday	closed 02.00 pm to 04.00 pm 11.00 am to 01.00 pm
Traube Lädle	Monday to Saturday Sunday / Holidays	10.00 am to noon 01.00 pm to 05.00 pm 10.00 am to 02.00 pm
Schmuck und Juwelen	Friday and Saturday Sunday Monday to Thursday	10.00 am to 18.00 pm, 10.00 am to 02.00 pm closed
Fashion „La Doina“	Wednesday to Saturday Monday, Tuesday Sunday	11.00 am to 6.00 pm, closed 10.00 am to 2.00 pm
Blockhütte	Mon and Tue Wed to Sun	closed noon to 6 pm

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