



TRAUBE TONBACH

best since 1789



Weekly Program

29th April – 5th May 2024

Hiking week avec Rosi Haist

Welcome to the Hotel Traube Tonbach

Dear guests,

A long and challenging time lies behind us, during which we missed you, dear guests, the most. That's why we are all the more pleased to be able to be there for you again, with the necessary care and the necessary distance. And yet with all the warmth of the heart of the Traube Tonbach!

Below you will find important information for your stay.

We are pleased 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 Ruhstein.

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, 29th April 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 / From Freudenstadt to Tonbach.

We take our hotel bus to Freudenstadt. From there, we take the Heidweg trail over the Hirschkopf in the direction of Baiersbronn. We come to the Mönchspfad, which leads to the Zimmerplatzhütte. Here we stop for a snack and enjoy the magnificent view of Baiersbronn. We continue downhill on narrow paths towards Reichenbacher Höfe and over the Wiedenberg back to Tonbachtal. Length 12 km, easy/medium level, return approx. 3 pm. Registration by 9 a.m. / backpackers. Meeting point is at the Stammhaus entrance.

11.00 am Stammhaus House tour with Iris Mahler.

On April 8th 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, 30th April 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 / On forest trails in Schwarzenberg.

We take our hotel bus to Schwarzenberg. We walk uphill on beautiful forest paths over the Schlossberg to the Blockhaus site. Here we have wonderful views of Schwarzenberg and Huzenbach. We continue along the Emmersbach stream to the starting point. On the way there is an unusual stop at the wine fountain. Length 10.5 km, medium level. Return 3 p.m. Registration by 9 a.m. / backpackers. 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. 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.

05.00 pm Tip in the area: Maypole erection on Köhlerplatz.

A wonderful tradition - today the traditional maypole erection takes place on the Köhlerplatz in Tonbach. The Murgtalmusikanten play music from 6 pm. until 12 pm. Duration 50 minutes. Meeting point is in the Well-Fit room.

Wednesday, 1st May 2024 / Blockhütte is open.

09.00 am Morning Walk with Danielle Wember.

We will get your body going during this brief and quick morning walk. Afterwards you will feel refreshed and ready for the day ahead. Duration 45 minutes. Registration by 7.30 am. Meeting point is in the Well-Fit room.

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 1st May hike with Rosi Haist / Around the Rinckenberg.

Our May 1st tour starts directly from the hotel in the direction of Kohlwegrank and continues around the Rinckenberg. A wonderful hike along the edge of the forest on natural paths with wonderful views of Baiersbronn. There is a small refreshment stop at the old plant nursery on May 1st. Length 10 km. Registration by 9 am. Return at 2.30 pm. Meeting point is at the hotel entrance.

11.45 pm Body toning with Danielle Wember.

Stabilization and mobilization - a comprehensive full-body workout that works deep into the muscles. It fulfills several goals at the same time: muscle building, tightening of the tissue and improvement of the cardiovascular system. 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.

02.00 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.

03.30 pm Fat burner circuit workout with Imola Schumacher.

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.

03.30 pm Stretch & Relax.

Stretching includes targeted stretching of muscles, stretching of joints as well as the spine. Stretching affects ligaments, tendons, connective tissue and muscle fibers. Duration 40 minutes. Register by noon. Meet in the Well Fit room.

Thursday, 2nd 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. You can strengthen all the important muscles to keep your torso and spine stable. 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 / Through the Kinzig valley.

Today we will take you to Lossburg in our hotel buses. Hiking friend and nature educator Rosi Haist will take you on a hike along the Kinzig rafting trail in the direction of Alpirsbach. The trail continues via the upper mill, past the Gabrielenhütte and over the Ehlenbogen. Length 12 km, easy level, return approx. 4.30 pm. Registration by 9 a.m. / rucksack snack. Meeting point is at the hotel entrance (please do not forget your guest card).

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 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.

04.00 pm Core training with Iris Mahler.

Core training refers to the strengthening of the core muscles, i.e. in the abdominal region, pelvis, back and lower back. Strong core muscles make every movement more powerful, stabilize the spine and can help to improve posture. Duration 45 minutes. Registration by 21 am. Meeting point is in the fitness equipment room.

06.00 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, 3rd 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.

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.

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 (refreshments planned). A wonderful circular walk on the Besenfeld plateau. Length 9 km, easy level, planned return at 2.30 p.m. with a stop at the log cabin (coffee and cake). Registration by 9 am. Meeting point is at the Stammhaus 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. We wish you a bon appetit and a pleasant afternoon.

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.

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.

09.00 pm Live Music in the hotel hall with Ralph Lohaus.

Saturday, 4th May 2024 / Blockhütte is closed.

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 Gerhard Fahrner.

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 am. 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, Anne Balta will guide you through the evening.

Sunday, 5th 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.
- 06.00 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 06.30 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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