

WEEKLY PROGRAM

prokulus
★★★★ Superior

AUGUST 09TH – AUGUST 15TH

WELCOME

We look forward to pampering you at the Prokulus and wish you a pleasant stay.

MEALTIMES

07:30 am	Coffee for early swimmers Aquagarden indoor pool
07:30 am – 10:30 am	Breakfast buffet
12:00 pm – 01:00 pm	Lunch (not included in the ¾ gourmet board)
01:30 pm – 04:30 pm	Afternoon buffet (warm meals until 04:00 pm)
07:00 pm – 08:30 pm	Dinner

OPENING HOURS

07:00 am – 07:00 pm	Sports pool Aquagarden
07:30 am – 07:00 pm	Water worlds Aquagarden
07:30 am – 08:30 pm	Water worlds main house
07:30 am – 07:00 pm	Relax areas main house Aquagarden
11:00 am – 07:00 pm	Sauna area adults only family sauna Aquagarden
04:00 pm – 07:00 pm	Sauna area adults only Spa Garden main house
07:00 am – 07:30 pm	Fitness- & gymnastics room Aquagarden
08:00 am – 11:00 pm	Playpark Aquagarden
09:00 am – 07:00 pm	Spa Garden beauty main house
10:00 am – 09:00 pm	Miniclub main house Monday to Friday
04:00 pm – 09:00 pm	Miniclub main house Saturday and Sunday

SLIDES

	11:00 am – 06:00 pm	Adventure slide Prokulus
11:00 am – 01:00 pm	03:00 pm – 06:00 pm	Tube slide Aquagarden
	11:00 am – 06:00 pm	Wave slide Aquagarden

Subject to change

POOLBAR (open only in summer)

01:00 pm – 06:30 pm	Poolbar Aquagarden Monday to Tuesday
11:00 am – 06:30 pm	Poolbar Aquagarden Wednesday to Sunday

Subject to change

NEWSPAPER SERVICE

We are happy to provide you with your personal newspaper for breakfast. Fill out the form provided in your room or at the reception and hand it in. The cost of the ordered newspaper will be credited to your room account. Some newspapers and magazines can be found in our lounge next to the reception.

SPA GARDEN BEAUTY I MAIN HOUSE

Pamper your body with beauty treatments and beauty programs. Our SPA team will be happy to advise you. To make an appointment, please contact the beauty team or reception. The services you use will be added to your room bill.

FITNESS- & GYMNASTICS ROOM I AQUAGARDEN

Our 250 m² fitness room provides high-quality Technogym cardio equipment, weight machines and dumbbells.

Use of the equipment at your own risk I Admission from the age of 16

WATER WORLDS I MAIN HOUSE

Indoor pool and separate indoor children's pool with pirate ship, water games and baby pool, outdoor pool and 50m giant slide, bubble mushroom, hot whirlpool, sunbathing area.

WATER WORLDS I AQUAGARDEN

Indoor and outdoor infinity pool with swimming lock, 25m sports pool (only for adults and "swimmers"), brine pool with bubble loungers (for relaxing), outdoor Teenie pool, indoor children's pool with Viking ship and water attractions, 70m tire slide and 30m outdoor wave slide.

SAUNA AREA I ADULTS ONLY I SPA GARDEN I MAIN HOUSE

Bio sauna, finish sauna, steam bath, ice fountain, relax rooms, plunge pool, private spa & sauna (extra charge).

SAUNA AREA I ADULTS ONLY I FAMILY SAUNA I AQUAGARDEN

Infrared brine cabin, bio sauna, plunge pool, finish outdoor sauna, steam bath, finish event sauna, experience showers, Kneipp basin, ice fountain, brine- and whirlpool.

Family textile sauna with relax area in the children's indoor pool area (ground floor).

IMPORTANT! All saunas (in the adults only area) are textile-free zones for hygienic reasons. We kindly ask you to put a towel on the bench. No sweat on the wood!

BIKE

Free bike rental (helmets and keys are available at the reception)

Trekking bikes – women/men with/without child seat/trailer

Mountain bike adults – size S – M – L – XL

Children's bikes – 16 inches, 20 inches, 24 inches, 26 inches

E-mountain and city bikes for adults and e-bikes for children

€ 20,00 per day | Reservation in advance required at the reception

DAILY GUIDED BIKE TOURS OF THE ÖTZI BIKE ACADEMY

The program with a detailed description can be found in the bike folder at the reception.

Registration within 09:00 pm in the evening before at the reception.

SWIMMING SCHOOL

With our qualified swimming instructor Andrea

[Italian Swimming Federation FIN]

One-to-one tuition per child/adult | € 25,00 [30 min.] | € 34,00 [45 min.]

Siblings [one child under 3 years, second child from 4 years] | € 36,00 [45 min.]

Siblings [from 4 years] | € 45,00 [60 min.]

Baby swimming [3 month – 2 years] € 20,00 [30 min.] | 2 babies € 26,00 [30 min.]

Registration at the reception. Please bring water wings.

ATTRACTIONS | MAIN HOUSE | AGUAGARDEN

Playpark in the Aquagarden with Ninja Warrior exercise course, ValoJump, Multiball, cycloBeat, indoor minigolf (for a fee).

Bowling in the main house with registration at reception for a fee.

Bouldering wall for beginners and advanced climbers in the Aquagarden (bouldering shoes at reception).

Calisthenics Park – outdoor fitness in the Aquagarden.

Ice bath – the natural immune and energy cure with coaching in the Aquagarden (for a fee and registration required).

Cryotherapy & cryochamber – the most modern form of cold application with coaching in the Aquagarden (for a fee and registration required).

FREE WIFI

Connect to the Internet Prokulus and enter the password **Prokulus20**.

For the internet connection from the Sonnen Resort, enter the password **Sonne20**.

SUNDAY 09/08

FITNESS	08:00 am – 08:30 am	Pilates Aquagarden gymnastics room with Elisa
	08:40 am – 09:10 am	Full Body Workout Aquagarden gymnastics room with Elisa
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Relax infusion VistaVitalExperience Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden

MONDAY 10/08

FITNESS	07:55 am – 08:55 am	Yoga Aquagarden gymnastics room with Annalisa
	10:15 am – 10:45 am	Power Legs, Abs & Glutes Aquagarden gymnastics room with Andrea
	03:40 pm – 04:10 pm	Aquagym Prokulus outdoor pool with Andrea
	04:20 pm – 04:50 pm	Aquagym Aquagarden with Andrea
	05:00 pm – 05:45 pm	Strong Nation (HIIT) Aquagarden gymnastics room with Andrea
	05:50 pm – 06:30 pm	Fit Boxe Adults Aquagarden gymnastics room with Andrea
	06:35 pm – 07:00 pm	Fit Boxe Teenie (10-13 y.) Aquagarden gymnastics room with Andrea
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Relax infusion VistaVitalExperience Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden
	08:30 pm	Music at the Prokulus bar

*Reservation required by the evening before at the reception

Events in Naturno and the surroundings can be found online under the menu item "Events in Naturno"

TUESDAY 11/08		
FITNESS	07:55 am – 08:55 am	Yoga Aquagarden gymnastics room with Annalisa
	09:50 am – 10:15 am	Little Athletics (5-6 y.) Aquagarden gymnastics room with Andrea
	10:20 am – 10:45 am	Power Kids (7-9 y.) Aquagarden gymnastics room with Andrea
	11:50 am – 12:20 pm	Power Legs, Abs & Glutes Aquagarden gymnastics room with Andrea
	04:20 pm – 04:50 pm	Aquagym Aquagarden with Andrea
	05:00 pm – 05:40 pm	LesMILLS Tone Aquagarden gymnastics room with Andrea
	05:45 pm – 06:30 pm	Zumba Aquagarden gymnastics room with Andrea
	06:35 pm – 07:00 pm	Zumba Teenie (10-13 y.) Aquagarden gymnastics room with Andrea
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Infusion with peeling LumiSonar steam bath Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden
WEDNESDAY 12/08		
FITNESS	07:55 am – 08:55 am	Yoga Aquagarden gymnastics room with Annalisa
	10:20 am – 10:45 am	Zumba Teenie (10-13 y.) Aquagarden gymnastics room with Andrea
	12:00 pm – 01:40 pm	Cryotherapy Aquagarden with Coaching (approx. 20 min. per unit, for a fee) *
	04:20 pm – 04:50 pm	Aquagym Aquagarden with Andrea
	05:00 pm – 05:45 pm	Strong Nation (HIIT) Aquagarden gymnastics room with Andrea
	05:50 pm – 06:30 pm	Fit Boxe Adults Aquagarden gymnastics room with Andrea
	06:35 pm – 07:00 pm	Fit Boxe Teenie (10-13 y.) Aquagarden gymnastics room with Andrea
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Relax infusion VistaVitalExperience Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden

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Events in Naturno and the surroundings can be found online under the menu item "Events in Naturno"

THURSDAY 13/08		
FITNESS	07:55 am – 08:55 am	Yoga Aquagarden gymnastics room with Annalisa
	08:30 am – 11:30 am	Ice bath Aquagarden with Patrik (approx. 45 min. per unit, for a fee) *
	11:50 am – 12:30 pm	LesMILLS Tone Aquagarden gymnastics room with Andrea
	12:00 pm – 01:40 pm	Cryotherapy Aquagarden with Coaching (approx. 20 min. per unit, for a fee) *
	04:00 pm – 04:30 pm	Aquagym Prokulus outdoor pool with Andrea
	04:40 pm – 05:10 pm	Aquagym Aquagarden with Andrea
	05:20 pm – 05:50 pm	Power Legs, Abs & Glutes Aquagarden gymnastics room with Andrea
	05:55 pm – 06:35 pm	Piloxing Aquagarden gymnastics room with Andrea
SAUNA	06:35 pm – 07:00 pm	Zumba Kids (7-9 y.) Aquagarden gymnastics room with Andrea
	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Relax infusion VistaVitalExperience Aquagarden
	05:30 pm	„The greatest Showman“ infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden
FRIDAY 14/08		
FITNESS	04:20 pm – 04:50 pm	Aquagym Aquagarden with Andrea
	05:00 pm – 05:40 pm	LesMILLS Tone Aquagarden gymnastics room with Andrea
	05:45 pm – 06:30 pm	Zumba Aquagarden gymnastics room with Andrea
	06:35 pm – 07:00 pm	Zumba Kids jr. (4-6 y.) Aquagarden gymnastics room with Andrea
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Infusion with peeling LumiSonar steam bath Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden
SATURDAY 15/08		
FITNESS	08:00 am – 08:30 am	Core Stability Aquagarden gymnastics room with Patrik
	10:30 am – 12:10 pm	Cryotherapy Aquagarden with Coaching (approx. 20 min. per unit, for a fee) *
	12:30 pm – 01:00 pm	TRX-Workout Aquagarden gymnastics room with Patrik
	01:05 pm – 01:35 pm	Fascia Aquagarden gymnastics room with Patrik
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Relax infusion VistaVitalExperience Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden

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EXCURSIONS AND EVENTS IN NATURNO AND THE SURROUNDINGS

SUNDAY, 09/08

Naturno adventure station at the old "Schnalsthal" station in Stava. There you will find: a garden railway, a mini steam locomotive, 2 post wagons of the Rhaetian Railway, a nostalgic trolley ride. **Open:** 02:00 pm-06:00 pm

MONDAY, 10/08

Shuttle Naturno-Kreuzbrünnl (Monte Tramontana)-Naturno. A shuttle minibus takes you from Naturno directly to the Kreuzbrünnl car park on Monte Tramontana in Naturno and optionally from there back to Naturno. **Departure Naturno:** 09:30 am, bus stop centre
Return trip from Kreuzbrünnl: 04:30 pm **Bike transport** +5,00€ per bike
Cost per trip: 15,00€ for adults and 8,00€ for children (6-14 years) **R***

Shuttle Val di Fosse. A shuttle service takes you comfortably from Naturno to the Vorderkaser car park. From there you can hike through the charming Val di Fosse. No bicycles transport!
Departure from Naturno: 09:30 am **Departure Val di Fosse/Vorderkaser:** 04:00 pm
Cost per trip: 15,00€ for adults and 8,00€ for children (6-14 years) **R***

Bike shuttle from Lake Caldaro to Naturno. Ride your bike from Naturno via Merano, through the beautiful Adige Valley to the Lake Caldaro in the south of South Tyrol. A shuttle minibus will take you back to Naturno with your bike. **Meeting point:** bus parking lot at Lake Caldaro, near Lido **Departure:** 04:30 pm **Costs:** 26,00€ for adults, 17,00€ for children (6-14 years) **R***

Bike Park – Open afternoon on the technical training area of the Ötzi Bike Academy, open from 03:00 pm-05:00 pm. Use the course to improve your technique and gain more safety on the bike. **Information:** Ötzi Bike Academy, Tel. +39 347 1300926

TUESDAY, 11/08

Bike shuttle from Naturno to Glorenza or Curon on Lake Resia. A bus will take you with your bike to Glorenza or Curon. Cycle on the panorama bike tour along the Val Venosta cycle path back to Naturno. **Meeting point:** 09:15 am, parking lot at the cemetery **Departure:** 09:30 am
Costs: to Glorenza: adults 20,00€, children (6-14 years) 12,00€
or to Curon: adults 26,00€, children 17,00€ **R***

Shuttle Naturno-Schartegg (Monte Tramontana)-Naturno. A shuttle minibus takes you to the Schartegg car park (1,490 m), the starting point for wonderful hikes to alpine pastures and lakes on the Monte Tramontana. Bikers will find a true paradise of attractive tours here.
Departure from Naturno: 09:30 am, bus stop centre **Return trip from Schartegg:** 04:30 pm
Cost per trip: 15,00€ for adults and 8,00€ for kids (6-14 y.) **Bike transport** +5,00€ per bike **R***

R* Registration until the evening before ONLINE on www.naturns.it or at the reception

More information can be found online under the menu item "Events in Naturno"

WEDNESDAY, 12/08

Shuttle Val di Fosse. A shuttle service takes you comfortably from Naturno to the Vorderkaser car park. From there you can hike through the charming Val di Fosse. No bike transport!

Departure from Naturno: 09:30 am **Departure Val di Fosse/Vorderkaser:** 04:00 pm

Cost per trip: 15,00€ for adults and 8,00€ for children (6-14 years) **R***

Shuttle Naturno-Kreuzbrünnl-(Monte Tramontana)-Naturno. A shuttle minibus takes you from Naturno directly to the Kreuzbrünnl car park on Monte Tramontana in Naturno and optionally from there back to Naturno. **Departure Naturno:** 09:30 am, bus stop centre

Return trip from Kreuzbrünnl: 04:30 pm **Bike transport** +5,00€ per bike

Cost per trip: 15,00€ for adults and 8,00€ for children (6-14 years) **R***

Bike shuttle from Naturno to Glorenza or Curon on Lake Resia. A bus will take you with your bike to Glorenza or Curon. Cycle on the panorama bike tour along the Val Venosta cycle path back to Naturno. **Meeting point:** 09:15 am, parking lot at the cemetery **Departure:** 09:30 am

Costs: to Glorenza: adults 20,00€, children (6-14 years) 12,00€

or to Curon: adults 26,00€, children 17,00€ **R***

Daksys creative workshop in the Texel Group Nature Park House (handcrafts with recycled and natural materials). **Meeting point:** 03:00 pm at the Texel Group Nature Park House

Participation: free **R***

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More information can be found online under the menu item "Events in Naturno"

THURSDAY, 13/08

Bike shuttle from Naturno to Glorenza or Curon on Lake Resia. A bus will take you with your bike to Glorenza or Curon. Cycle on the panorama bike tour along the Val Venosta cycle path back to Naturno. **Meeting point:** 09:15 am, parking lot at the cemetery **Departure:** 09:30 am **Costs:** to Glorenza: adults 20,00€, children (6-14 years) 12,00€ or to Curon: adults 26,00€, children (6-14 years) 17,00€ **R***

“Kraxln & Äktschn”: Children's climbing in the Merano Rock Arena. Great climbing fun for children and teenagers between 6-14 years indoors and outdoors, accompanied by professional climbing instructors. **What to bring:** flipflop/sandals **Time:** 09:30 am-12:00 pm **Participation fee:** 12,00€ per child (incl. equipment, to be paid to the supervising climbing instructor in the Rockarena) **R***

Climbing on the via ferrata "Knott" on the Monte Sole Naturno. Via ferrata walking accompanied by a mountain guide. **Participants:** up to 6 people per session (10:00 am-12:00 pm, 12:30 pm-02:30 pm, 03:00 pm-05:00 pm) **Minimum age:** 7 years or 130 cm tall **Prerequisite:** surefootedness and a head for heights **Meeting point:** at the mountain station of the Unterstell cable car. Please bring gloves **Price:** 49,00€ children (7-13 years) and 59,00€ adults incl. technical equipment and cable car ticket **R***

Bike shuttle from Lake Caldaro to Naturno. Ride your bike from Naturno via Merano, through the beautiful Adige Valley to the Lake Caldaro in the south of South Tyrol. A shuttle minibus will take you back to Naturno with your bike. **Meeting point:** bus parking lot at Lake Caldaro, near Lido **Departure:** 04:30 pm **Costs:** 26,00€ for adults, 17,00€ for children (6-14 years) **R***

FRIDAY, 14/08

Friday market in Merano. Large weekly market with numerous stalls near the Merano train station. **Open:** 08:00 am-01:00 pm

Shuttle Naturno-Kreuzbrünnl (Monte Tramontana)-Naturno. See program wednesday **R***

Bike shuttle St. Martin/Passeier Valley-Merano-Naturno. Ride your bike from Naturno to Merano and on the Passeier cycle path along the Passer to St. Leonhard. A shuttle minibus will take you back to Naturno with your bike. **Meeting point:** 04:30 pm, St. Martin at the tennis court/playground **Costs:** 24,00€ for adults, 17,00€ for children (6-14 years) **Boarding also possible in Merano. Meeting point:** 04:55 pm, roundabout train station bike rental Papin Sport **Costs:** 15,00€ for adults, 10,00€ for children (6-14 years) **R***

“Kraxln & Äktschn”: Children's climbing in the Merano Rock Arena. Great climbing fun for children and teenagers between 6-14 years of age indoors and outdoors, accompanied by professional climbing instructors. **What to bring:** flipflop/sandals **Time:** 09:30 am-12:00 pm **Participation fee:** 12,00€ per child (incl. equipment, to be paid to the supervising climbing instructor in the Rockarena) **R***

R* Registration until the evening before ONLINE on www.naturns.it or at the reception

SATURDAY, 15/08 – FERRAGOSTO (PUBLIC HOLIDAY)

Naturno farmers' market on Burggräfler square. The farmers' market with fresh products directly from the farmer. **Open:** from 08:00 am to approx. 12:00 pm

Weekly market in Naturno, on the town hall square with a large selection of local products, clothing, shoes and leather goods, cheese, bacon, fruit and vegetables and much more.

Open: from 08:00 am to approx. 01:00 pm

Shuttle Naturno-Schartegg (Monte Tramontana)-Naturno. A shuttle minibus takes you to the Schartegg car park (1,490 m), the starting point for wonderful hikes to alpine pastures and lakes on the Monte Tramontana. Bikers will find a true paradise of attractive tours here.

Departure from Naturno: 09:30 am, bus stop centre **Return trip from Schartegg:** 04:30 pm

Cost per trip: 15,00€ for adults and 8,00€ for kids (6-14 y.) **Bike transport** +5,00€ per bike **R***

R* Registration until the evening before ONLINE on www.naturns.it or at the reception

More information can be found online under the menu item "Events in Naturno"

EVENTS IN NATURNO AND THE SURROUNDINGS

SUNDAY, 09/08

CERMES I Music festival of the Cermes music band on the leisure grounds.

Time: 10:00 am to 06:00 pm

TIROLO I Concert by the St. Georgen music band on the festival grounds. **Start:** 09:00 pm

MERANO I Haflinger gallop race at the Merano racecourse. **Time:** 03:30 pm to 07:00 pm

CASTELBELLO-CIARDES I „Bahnhofsfest!“ of the Castebello Volunteer Fire Brigade at the train station. **Time:** 11:00 am to 08:00 pm

CORZES I Festival of the volunteer fire brigade in the equipment shed. **Start:** 10:00 am

MONDAY, 10/08

TIROLO I "Tyrolean sunset"- evening shopping in the village centre.

Time: 08:00 pm to 11:00 pm

TUESDAY, 11/08

NATURNO I Book flea market in the hall of the Naturno Library; Period: 05.-21.08.2026 during the opening hours of the library

NATURNO I Naturno laughs! Julian Button (D) in the open-air arena Naturno. **Time:** 09:00 pm

LAGUNDO I „Dorflinger Kirchtag“ - Traditional church consecration festival at the Old Parish Church. **Time:** 05:00 pm to 12:00 am

SILANDRO I Silandro Summer Evenings in the courtyard of the Silandro Castle "Summer Night's Magic with the Duo Margot". **Time:** 08:30 pm to 10:00 pm

VAL SENALES-CERTOSA I An insight into an old tradition. Val Senales „Goaßlschnöller“ and three young accordion players. **Time:** 08:30 pm to 10:00 pm

WEDNESDAY, 12/08

NATURNO I Children's laughter: Julian Button (D) in the open-air arena Naturno.

Time: 05:30 pm

NATURNO I Beat on the street with "Slow Down" on Burggräfler square. **Time:** from 08:00 pm

SCENA I Summer evening with "Black Peter" at the Raiffeisen square. **Time:** 08:00 pm to 11:00 pm, shops open from 08:00 pm to 09:30 pm, village market until 10:00 pm

SILANDRO I Evening performance of the „Schuhplattler Prad“ in the Plawennpark.

Time: 08:30 pm to 09:30 pm

CASTELBELLO-CIARDES I Concert with the ensemble "Windkraft" at Castelbello Castle.

Registration required: +39 0473 624193 **Time:** 08:30 pm to 11:00 pm

VAL SENALES-MASO CORTO I Evening concert of the Val Senales music band at the Maso Corto valley station. **Time:** 08:30 pm to 10:00 pm

THURSDAY, 13/08

PARCINES I Evening concert of the Parcines music band in the Widum Garden, house of the village community. **Time:** 08:30 pm to 10:00 pm

LANA I Long Thursday in the pedestrian zone at Gries. **Time:** 07:00 pm to 11:00 pm

SCENA I Concert of the St. Pankraz music band at the Raiffeisen square.

Time: 08:30 pm to 09:30 pm

MERANO I Midsummer Night 2026: Mengon Mania at the Thermal square.

Time: 09:00 pm to 11:00 pm

FRIDAY, 14/08

NATURNO | Naturno laughs! Jashgawronsky Brothers (I) in the Naturno open-air arena.

Time: 09:00 pm

NATURNO | Open-air concert: Summer sounds in the churchyard of St. Prokulus Church.

Time: 09:00 pm to 10:00 pm

LAGUNDO | Aperitivo Lungo on the church square. **Time:** 06:30 pm to 11:00 pm

MARLENGO | Popphoffesta at the Popphof winery. **Time:** 04:30 pm to 11:00 pm

TIROLO | Meadow festival of the volunteer fire brigade Tirolo on the festival grounds.

Time: from 06:00 pm

SILANDRO | Silandro summer evenings in the pedestrian zone. **Time:** 07:30 pm to 11:00 pm
(shops until 10:00 pm)

LACES | Summer nights in Laces on the main square. Music, food & drinks.

Time: from 06:00 pm

SATURDAY, 15/08

MERANO | Midsummer Night 2026: Anna Tatangelo at the Thermal square.

Time: 09:00 pm to 11:00 pm

LANA | „Kirchtag“ in Lana di Sotto in the courtyard of the sacristan house.

Time: 10:00 am to 02:00 pm

VEZZANO | „Lahnfest“ of the Vezzano volunteer fire brigade on the Vezzano sports field.

Time: 05:00 pm to 01:00 am

Weekly program from 09.08. to 15.08.26

Date	Tour Nr.	Tour name	Kilometre	Driving technique	Elevation gain	Begin	Return	Meeting point	Guide	Costs
Mo. 10.08.26	E-MTB 307	„Wild Schlandraun Valley – E-MTB Trail tour through remote and hidden paths“	35 km	Difficult (S1 - S2)	▲ 1.600 m ▼ 1.600 m	09:30 clock	15:30 clock		Marcel	25,00 € + 15,00 € Bike shuttle
Mo. 10.08.26	Fahrttechniktraining 01	Technique training basic course at the technique training area of the Ötzi Bike Academy	15 km	Light (S0 - S1)	▲ 200 m ▼ 200 m	10:00 clock	13:30 clock		Markus	25,00 €
Mo. 10.08.26	Genuss 106	Between apple blossom and wine enjoyment: the cycling tour around Naturno	38 km	Light ()	▲ 80 m ▼ 80 m	10:00 clock	14:00 clock		Roman	15,00 €
Mo. 10.08.26	MTB 04	Open monday afternoon at the technique training area with Informations about the weekly programme of the Ötzi Bike Academy	1 km	Light (S1 - S2)	▲ 10 m ▼ 10 m	15:00 clock	17:00 clock		Guide Ötzi Bike	Free
Mo. 10.08.26	MTB 0	Bike- Informations at the Ötzi Bike Academy	-	Light ()	-	17:00 clock	17:30 clock		Guide Ötzi Bike	Free
Tu. 11.08.26	Renntad 203	Road bike - Highlights in the Val Venosta.	57 km	Medium ()	▲ 450 m ▼ 450 m	09:00 clock	12:00 clock		Karl	25,00 €
Tu. 11.08.26	Fahrttechniktraining 02	Advanced technique training course at the technique training area of the Ötzi Bike Academy	20 km	Medium (S1 - S2)	▲ 300 m ▼ 300 m	10:00 clock	14:00 clock		Marc	25,00 €
Tu. 11.08.26	E-MTB 333	To the small and rustic hut "Alt- Alm"	35 km	Light (S0 - S1)	▲ 1.300 m ▼ 1.300 m	10:30 clock	14:00 clock		Roman	25,00 €
We. 12.08.26	MTB 13	Panoramic trail tour on the mountains of Naturno	38 km	Medium (S1 - S2)	▲ 800 m ▼ 1.600 m	09:30 clock	15:00 clock		Guide Ötzi Bike	25,00 € + 14,00 € Bike shuttle
We. 12.08.26	Fahrttechniktraining 01	Technique training basic course at the technique training area of the Ötzi Bike Academy	15 km	Light (S0 - S1)	▲ 200 m ▼ 200 m	10:00 clock	13:30 clock		Markus	25,00 €
We. 12.08.26	E-MTB 327	Panorama mountain bike tour Bikehighline Merano with E-MTB	39 km	Light (S0 - S1)	▲ 900 m ▼ 1.700 m	10:00 clock	15:00 clock		Oskar	25,00 € + 14,00 € Bike shuttle
We. 12.08.26	Fahrttechniktraining 05	Technique training afternoon for kids	1 km	Light (S1)	▲ 20 m ▼ 20 m	16:30 clock	18:00 clock		Guide Ötzi Bike	15,00 €
Th. 13.08.26	Renntad 204	Tour of the castles around Merano	65 km	Medium ()	▲ 500 m ▼ 500 m	09:00 clock	12:00 clock		Karl	25,00 €
Th. 13.08.26	Fahrttechniktraining 06	Advanced technique training course with the E-Mountainbike	25 km	Medium (S1 - S2)	▲ 600 m ▼ 600 m	10:00 clock	14:00 clock		Marcel	25,00 €
Th. 13.08.26	E-Bike 105	Culture & Pleasure E-bike Tour "The Lasa Marble"	55 km	Light (S0)	▲ 500 m ▼ 500 m	10:00 clock	16:00 clock		Roman	15,00 € + 7,00 € + 8,00 €
Th. 13.08.26	MTB 45	Trailtour light at the monte Tramontana - Family Trailtour	13 km	Medium (S1)	▲ 200 m ▼ 1.200 m	12:00 clock	14:00 clock		Marc	25,00 € + 20,00 € Bike shuttle
Fr. 14.08.26	MTB 35	Panoramic Trailtour on the Monte Zoccolo	34 km	Difficult (S2 - S3)	▲ 1.100 m ▼ 1.100 m	09:30 clock	16:00 clock		Marc	25,00 € + 20,00 € Bike shuttle
Fr. 14.08.26	E-MTB 319	Panorama Trailtour Monte Zoccolo with the E-MTB	38 km	Medium (S1)	▲ 1.000 m ▼ 1.000 m	09:30 clock	16:00 clock		Oskar	25,00 € + 20,00 € Bike shuttle
Sa. 15.08.26	E-MTB 329	Panorama e-mountain bike tour Tiroler - Hochmut	47 km	Light (S0)	▲ 1.300 m ▼ 1.300 m	10:00 clock	16:00 clock		Guide Ötzi Bike	25,00 €

Registration deadline for the tours and technical courses is the eve 22 o'clock.
The prices quoted are for participants from our partner accommodations. For participants from non-partner accommodation the MTB tours cost 50 € (excluding transport) and the technical courses 50 €. The price for the pleasure tours is for all guests 15 € (excluding transport).