

SATURDAY

MONTANA SPA | MASSAGE COURSE AT 13:00 P.M.

Learn simple massage techniques to use at home from our spa manager Lara.

Registration: in pairs - until Saturday at 10:00 a.m. at the reception

Meeting point: at the spa reception - **Price:** CHF 70,-

KID'S PROGRAM

2:00 to 4:00 p.m.: We go outside to enjoy the sun.

4:00 to 6:00 p.m.: We listen to music and do crafts together in the Murmeli Club.

MONTANA SPA | 6:05 P.M. - PEELING "SWEET ORANGE" in the aroma steam bath

SUNDAY

MONTANA SPA | 6:05 P.M. - PEELING "ROSE PETALS" in the aroma steam bath



WEEKLY PROGRAM – 30.09. TO 6ND OCTOBER 2024



MONDAY

SAMNAUN TOURISM | GUIDED HIKE AT 9:00 A.M.

The ascent begins in Samnaun village via the forest path through the mixed forest to Motta Saltuorn. From here, continue via Salantinas to Fuorcla Curschiglias with a wonderful view of the Samnaun valley. Shortly before Curschiglias, you reach the ridge and look down into Val Sampuoir and the Mundin group. Then descend to Samnaun-Laret.

Registration: until Sunday 4:30 p.m. at the reception

Meeting point: Samnaun Dorf, guest information

Duration | Distance : approx. 3h 30 min | 9 km | **Ascent | Descent:** 504 m | 639 m

KID'S PROGRAM

2:00 to 4:00 p.m.: We play various table games together in the Murmeli Club.

4:00 to 6:00 p.m.: We listen to music and draw beautiful pictures.

MONTANA SPA | 6:05 p.m. - ALPINE HERBS" in the aroma steam bath

TUESDAY

SAMNAUN TOURISM | EXPERIENCE HISTORY IN THE ALTFINSTERMÜNZ - 10:15 A.M.

Altfinstermünz was 2000 years ago. an important crossing point for the Via Claudia Augusta over the Inn. The guided tour of the fortress in the border triangle provides a inside look into this historic site. The tour takes about 3 hours.

Registration: until Monday 4:30 p.m. at the reception

Meeting point: in front of the farm buildings in Vinadi

E-BIKE COURSE WITH JASMIN FROM THE BIKESCHOOL SAMNAUN FROM 1:30 TO 3:30 P.M.

Suitable for e-MTB beginners who want to get to know riding technique for the first time. We learn the basics, such as the correct position on the bike, controlled braking, correct shifting and cornering. Enjoy e-biking in a safe, relaxed and relaxed manner. The course is free of charge.

Registration: until Monday at 4:30 p.m. at the reception

Meeting point: at the Chasa Montana reception at 1:30 p.m.

Equipment: free e-mountainbike and discounted fullys (CHF 39.- instead of 89.-) can be rented at ZEGG Sport & Mode. Please also bring a helmet (obligatory and can also be rented), gloves, goggles, sportswear and a full water bottle.

KID'S PROGRAM

2:00 to 4:00 p.m.: We listen to music and let off steam in the Murmeli club.
4:00 to 6:00 p.m.: We create beautiful paintings together in the Murmeli Club.

MONTANA SPA | 6:05 P.M. - PEELING "SWEET ORANGE" in the aroma steam bath

WEDNESDAY

SAMNAUN TOURISM | GUIDED HIKE (RUNDTOUR) AT 9:00 A.M.

The ascent through the Val Maisas begins in Samnaun village. At the height of the Rossboden, the trail continues along the long side, past the former red Seeli. From here it is another 200 meters up to the Rossbodenjoch. Beautiful views of Val Sampuoir and the Muttler and Stammerspitze peaks. After a break, descend past the Schwarzwand.

Registration: until Tuesday 4:30 P.M. at the reception desk

Meeting point: Samnaun Dorf, guest information

Duration | Distance : approx. 4 h 40 min | 12 km | **Ascent | Descent:** 940 m | 940 m

SAMNAUN TOURISM | GUIDED TOUR OF THE SENNEREI AT 9:00 A.M (approx. 1 hour)

The guided tour of the dairy gives participants an insight into the production of Samnaun mountain cheese. The tour is followed by a cheese tasting.

Registration: until Tuesday 4:30 p.m. at the reception desk

Meeting point: Samnaun Laret, Sennerei

MONTANA SPA | STRETCHING WITH SELF-MASSAGE AT 2:00 PM

Stretching is a form of training in which muscles are put under tension in order to achieve improved mobility and flexibility. The instructions for self-massage, which you can continue to use at home, ensure relaxation afterwards.

Registration: until Wednesday 10:00 a.m. at the reception desk

Meeting point: at the SPA reception in training clothes

WINE CELLAR TOUR - 6:00 P.M.

On Wednesday at 6:00 p.m. there will be a guided tour of the wine cellar with your host Daniel Eisner.

All guests are cordially invited.

Registration: not required

Meeting point: at the reception

MONTANA SPA | 6:05 P.M.- PEELING "PINE" in the aroma steam bath



THURSDAY

MONTANA SPA | MASSAGE COURSE AT 11:00 A.M.

Learn simple massage techniques to use at home from our spa manager Lara.

Registration: in pairs - until Wednesday at 8:00 p.m. at the reception

Meeting point: at the spa reception - **Price:** CHF 70.-

KID'S PROGRAM

2:00 to 4:00 p.m.: We visit the Nevada playground.

4:00 to 6:00 p.m.: Together we make autumnal pictures in the Murmeli Club.

SAMNAUN TOURISM | BEHIND THE SCENES OF THE DOUBLE-DECKER TRAIN AT 10:00 A.M.

The operations manager of Bergbahnen Samnaun guides visitors through the engine room of the oldest double-decker cable car in the world and explains the sophisticated technology. The tour then continues to the Alptrider Sattel, where visitors are given an insight into the workshop and garage of the snow groomers.

Registration: until Wednesday 4:30 p.m. at the reception desk

Meeting point: Samnaun-Ravaisch mountain railroads, valley station of the mountain railroads

SAMNAUN TOURISM | GUIDED TOUR OF THE VALLEY MUSEUM AT 5:00 P.M.

The local history collection of the valley museum uses everyday objects from the 16th to 19th centuries to show how hard life was for farmers back then. The museum is located in the listed Chasa Retica, one of the oldest houses in the Samnaun Valley.

Registration: until Wednesday 4:30 p.m. at the reception desk

Meeting point: Samnaun-Plan, the valley museum Chasa Retica

MONTANA SPA | 6:05 P.M. - PEELING "JOJOBA" in the aroma steam bath

FRIDAY

SAMNAUN TOURISM | GUIDED HIKE ALPTRIDER SADDLE AT 9:00 A.M.

From Samnaun village, the trail first climbs gently through the Val Musauna, then steeper towards the Zebblasjoch. You will discover edelweiss along the way. At Zebblas, the hiking trail leads past a hunting lodge and a small lake in the direction of Sulnerferner. The path now leads back to the Hirtenhütte. Now the path is flatter. In the Ravaischer Salaas you pass the gypsum holes, which are sinkholes made of gypsum rock. Continue to the Alptrider Sattel, where the double-decker cable car takes you back down to the valley after a rest on the panoramic terrace.

Registration: until Thursday 4:30 p.m. at the reception desk

Meeting point: Samnaun Dorf, guest information

Duration | Distance: approx. 6 hrs 30 min | 10 km | **Ascent | Descent:** 1258 m | 582 m

KID'S PROGRAM

2:00 to 4:00 p.m.: We go for a walk outside and explore Samnaun.

4:00 to 6:00 p.m.: We read stories together in the Murmeli Club.

KITCHEN TOUR WITH STAR CHEF BERND FABIAN AT 5:45 P.M.

Take a look behind the scenes!

Bernd Fabian will show you the Chasa Montana kitchen and give you an insight into the organization.

Registration: until Thursday 12:00 p.m. at the reception desk

Meeting point: at the reception

Duration: approx. 25 minutes

MONTANA SPA | 6:05 P.M. - PEELING "ALPINE HERBS" in the aroma steam bath