



TRAUBE TONBACH

best since 1789



Weekly Program

20th May – 26th May 2024

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 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, 20th May 2024 / Blockhütte is open.

- 08.00 am Aqua gym in the sports pool / please register (max. 10 people).**
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.
- 09.00 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.
- 10.30 am Hiking Transfer Mitteltal / Obertal.**
Make use of our hiking transfer to Mitteltal or Obertal. Equipped with a hiking map you get the chance to explore the region and hike back to the Traube Tonbach. You can either take the route around the Rinckenberg or over the Elme. The beautiful landscape with its deep forest, clear rivers and beautiful fauna will make this tour a unique experience. Longer route: Obertal/Tonbach length 9 km, duration 3 hours. Shorter route: Mitteltal/Tonbach length 4.5 km, duration 1.5 hours. 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. We wish you a bon appetit and a pleasant afternoon.
- 03.00 pm Fit Mix with Danielle Wember.**
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 50 minutes. Registration by noon. Meeting point is in the Well-Fit room.
- 09.00 pm Live Music in the hotel hall.**
Tonight, Mike West will guide you through the evening.

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, 21st May 2024 / Blockhütte is closed.

- 08.00 am** **Aqua gym in the sports pool / please register (max. 10 people).**
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.
- 08.50 am** **Mobility training with Danielle Wember.**
Mobility training uses dynamic movements to activate and mobilize muscles, joints, ligaments and tendons. Good mobility helps us with all everyday movements and relieves pressure on the joints. 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.
- 11.30 am** **Guided e-bike tour with Rosi Haist.**
It's finally spring! Enjoy a beautiful e-bike tour with great views through our region. You should have basic biking skills. Registration until 9 am. Duration 1.5 hours. Meeting point is at the bike garage.
- 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.
- 01.30 pm** **Transfer to Freudenstadt / pick-up 4.00 pm.**
No other place in Germany has such a large marketplace. With its approximately 200 by 200 meters, it forms the center of the city. It is a popular destination for those who want to shop and stop, relax and enjoy the atmosphere. The arcades that frame the entire square provide a special atmosphere. Registration until 9 am (max. 7 pers.) Meeting point is at the hotel entrance.
- 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, 22nd May 2024 / Blockhütte is closed.

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 Hike with Rosi Haist / Ruhestein.

We take our hotel bus to Ruhestein. The Northern Black Forest National Park, the only national park in Baden-Württemberg, has been in existence since January 1, 2014. Look forward to a wonderful hike at an altitude of 1000 meters. Here we have magnificent views, refreshing air and diverse nature. There are cirques, ridges, mills and moors to explore. Length 8 km. Registration by 9 am. Return at 2.30 pm. 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. We wish you a bon appetit and a pleasant afternoon.

03.00 pm Stick shooting.

Like bocce, the aim of stick shooting is to push the stick as close as possible to the stave. The game is played in small teams - a lot of fun for all participants. Registration until 9 am. (min. 3, max. 8 persons). Meeting point at the Traube Stockbahn on the roof of the Traube Court.

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 Abdominal workout with Danielle Wember.

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 25 minutes. Registration by 12 pm. Meeting point is in the fitness equipment room.

Thursday, 23rd May 2024 / Blockhütte is open.

08.00 am Aqua gym in the sports pool / please register (max. 8 people).

Training in the water strengthens our cardiovascular system and helps to increase strength and endurance. You will also stimulate the entire musculoskeletal system and 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 Drive & Walk with Rosi Haist.

Is a hike too long for you and would you like to get to know our beautiful region? On this exciting excursion along the Black Forest High Road, we take short walks of approx. 1.5 km in length. A great opportunity for all those who are no longer able to walk so well but still want to experience the Black Forest up close. Registration until 9.30 am (max. 7 pax). Return at 2.30 pm. Meeting point is at the hotel entrance.

11.30 am Guided e-bike tour with Danielle Wember.

It's finally spring! Enjoy a beautiful e-bike tour with great views through our region. You should have basic biking skills. Registration until 9 am. Duration 1.5 hours. Meeting point is at the bike garage.

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.

03.00 pm Back Fit with Danielle Wember.

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.

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, 24th May 2024 / Blockhütte is open.

08.00 am Aqua gym in the sports pool / please register (max. 8 people).

This class is perfect for people who are not able to perform certain movements on land anymore. 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 Hike with Rosi Haist.

Today we take our hotel bus to Ödenwald. We follow natural paths along the forest nature trail to Kinzigursprung and the lake of the same name. From here, we walk through the magical land, where we may be lucky enough to see a jay. We continue via the Sandwiese back to Ödenwald, length 8 km, easy level, planned return at 2.30 pm. 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. We wish you a bon appetit and a pleasant afternoon.

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 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 2 pm. Duration 70 minutes. Meeting point is in the Well-Fit room.

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

Saturday, 25th May 2024 / Blockhütte is open.

- 8.00 am Aqua gym in the sports pool / please register (max. 8 people).**
Registration by 7:30 am at the latest. Duration 30 minutes. Meeting point is the pool area.
- 09.30 am Information / guest relation / registration until 11.30 am.**
From 9 - 11.30 am we are personally there for you. Don't hesitate to ask for advice about the many leisure opportunities in our region.
- 10.30 am Guided hike.**
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 the Priorstein. The tour continues along a beautiful forest path to the Plauderstüble. Length 7 km, medium level, return at 1 pm. Registration by 9 am. Meeting point is at the hotel entrance.
- 11.45 am Mobility training with Iris Mahler.**
Mobility training uses dynamic movements to activate and mobilize muscles, joints, ligaments and tendons. Good mobility helps us with all everyday movements and relieves pressure on the joints. Duration 45 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 Intensive bodyART with Iris Mahler.**
Strength, flexibility, cardio - this class starts and ends slowly, with the majority of the time spent on cardio and strength sequences. Basic fitness required. Duration 60 minutes. Registration by 12 noon. 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.
- 04.15 pm Fascia flow stretch with Iris Mahler.**
Stretching involves targeted stretching of muscles, joints and the spine. In this class we will focus on increasing range of motion as well as overall flexibility. Registration until noon. Duration 45 minutes. Meeting point is in the Well-Fit room.
- 09.00 pm Live Music in the hotel hall.**
Tonight, Piano Cocktail will guide you through the evening.

Sunday, 26th 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	12.00 pm to 08.00 pm
	Monday	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	closed
	Thursday to Saturday	02.00 pm to 04.00 pm
	Sunday	11.00 am to 01.00 pm
Traube Lädle	Monday to Saturday	10.00 am to noon 01.00 pm to 05.00 pm
	Sunday / Holidays	10.00 am to 02.00 pm
	Schmuck und Juwelen	Friday and Saturday Sunday Monday to Thursday
Fashion „La Doina“	Wednesday to Saturday	11.00 am to 6.00 pm,
	Monday, Tuesday	closed
	Sunday	10.00 am to 2.00 pm
Blockhütte	Tue and Wed	closed
	Thursday to Sunday	noon to 6 pm

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