



TRAUBE TONBACH

best since 1789



Weekly Program

18th March – 24th March 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 centre 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 centre 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, 18th March 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. You relieve your joints and at the same time strengthen all the important muscles. Registration until 7.30 a.m. Duration 30 minutes. Meeting point is in the pool area.
- 09.00 am** **Morning Walk with Danielle Wember.**
A brisk walk in the fresh air gets the circulation and metabolism going. More oxygen enters the bloodstream via the lungs. Duration 45 minutes. Registration by 7.30 am. Meeting point is at reception.
- 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 or reserve the right bike for you.
- 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** **Short hike with Rosi Haist.**
We drive into the idyllically situated Reichenbach valley. The circular route starts at the historic Minster Church in Klosterreichenbach. From there, a forest path leads to the Märteweier pond. Length 5.5 km, easy level. Planned return 4 pm. Registration until 9 am. Meeting point is at the hotel entrance.
- 02.30 pm** **Mobility Training with Danielle Wember.**
Mobility training combines various mobility exercises that increase your body's range of motion. These include flexibility, balance and strength. At the end we enjoy a few minutes of relaxation. Duration 40 minutes. Registration by 12 noon. Meeting point is in the Well-Fit room.
- 03.30 pm** **HIIT with Danielle Wember / Basic fitness is an advantage.**
Would you like to improve your strength endurance? Then this workout is just right for you. HIIT stands for High Intensity Interval Training. You are guaranteed to work up a sweat here. The interval units stimulate the metabolism and improve strength and endurance. Registration until 12 noon. Duration 40 minutes. Meeting point is in the Well-Fit room.

Excursion destinations.

We have summarised 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, 19th March 2024 / Blockhütte is closed.

- 08.00 am** **Aqua gym in the sports pool / please register (max. 10 people).**
This class is perfect for people who are not able to perform certain movements on land anymore. Registration until 7.30 am. Duration 30 minutes. Meeting point is in the pool.
- 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 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.
- 11.45 am** **Outdoor workout with Danielle Wember.**
Sport in the nature is ideal for getting your circulation going and boosting your metabolism. We go into the forest and start with a short warm-up. Afterwards, the focus will be on coordination and strengthening exercises. Registration until 11 am. Duration 50 minutes. Meeting point is at reception.
- 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** **Transfer to Freudenstadt / pick-up 4.30 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 & Vital.**
During this class we will focus on stretching and strengthening exercises to improve mobility and stability of the spine. Besides, functional exercises will enhance coordination and an upright posture. Duration 50 minutes. Registration by noon. Meeting point is 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. Isolation exercises while lying on the mat complement the dynamic workout. Registration until 12 pm. Duration 50 minutes. Meeting point is in the Well-Fit room.

Wednesday, 20th March 2024 / Blockhütte is open.

09.00 am Morning workout with Danielle Wember.

Start the day fit and full of energy. Exercise in the morning is ideal for getting your circulation going and boosting your metabolism. We go into the forest and start with a short warm-up. We then focus on coordination and strengthening exercises. Registration by 7.30 am. Duration 30 minutes. Meeting point is at reception.

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 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 / Around Besenfeld.

Today we take the hotel bus to the Besenfeld. Here, we will enjoy a walk on the nature and adventure path where you can get all the important information about the animals, plants and the forest in general. At the end of our hike, we will get some rest at the beautiful Sonnenblick cabin. Length 8 km, easy level, partly paths. Return 3 pm. Registration until 9 am (max. 7 persons.) Meeting point is at the entrance to 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.

02.30 pm Stick shooting with Rosi Haist.

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.

02.30 pm Fit Mix 35 with Imola Schumacher.

A comprehensive whole-body workout with the contents endurance, strength, flexibility and coordination, a perfect mix of different fitness forms. In the second third there is an abdominal intensive workout with final stretching. Duration 55 minutes. Registration until noon. 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. Stretching helps build muscle and promotes blood flow to muscles during exercise. Duration 40 minutes. Register by noon. Meet in the Well Fit room.

Thursday, 21th March 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 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.
- 11.45 am** **Core Training with Iris Mahler.**
In this class we focus on shaping and strengthening the core muscles. Meaning we will perform exercises that target your abdominal, lower back and your pelvis muscles. A strong core is essential for everyday activities and will make your movements more efficiently. Registration until 11 am. Duration 40 minutes. Meeting point is in the Well-Fit room.
- 12.30 pm** **Excursion to the Alpirsbach Monastery**
The former Benedictine monastery, which is over 900 years old, is one of the southwest German reform monasteries of the 11th century. Particularly impressive is the organ. The tour begins at 1.30 p.m., duration 50 minutes. Registration until 9 a.m. (min. 3, max.7 persons). Return at 3.15 pm. Cost 20.- p. P. (transfer + tour). 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.
- 02.00 pm** **Aqua gym / Back Fit in the warmwater pool.**
Spine, shoulder and pelvis – targeted back exercises in the water are effective and spare the joints. Registration until 12 pm. Duration 30 minutes. Meeting point is in the pool area.
- 03.00 pm** **Fat burner circuit workout with Danielle Wember.**
Muscle building, fitness training and fat loss - the intensive training sessions with lots of repetitions offer a holistic workout that stimulates the metabolism and is guaranteed to make you sweat. Duration 50 minutes. Registration until 12 noon. Meeting point is in the Well-Fit 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, 22th March 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. 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.

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. We are happy to accept your registrations and sign you up for our sports program.

10.30 am Hike with Rosi Haist.

We drive with our hotel bus to Klosterreichenbach. From the Rosenbergwegle we will hike uphill to the viewpoint Zimmerplatzhütte. From here we will continue on beautiful forest paths further in the direction of Märtesweiher. After we reached the Märtesweiher we will hike back to our starting point. (good shoes required). Length 9 km, medium level, return 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.

02.30 pm Stick shooting with Rosi Haist.

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.

02.30 pm Back Fit & Vital.

During this class we will focus on stretching and strengthening exercises to improve mobility and stability of the spine. Besides, functional exercises will enhance coordination and an upright posture. Duration 40 minutes. Registration by noon. Meeting point is 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. Isolation exercises while lying on the mat complement the dynamic workout. Registration until 12 pm. Duration 50 minutes. Meeting point is in the Well-Fit room.

09.00 pm Live Music in the hotel hall.

Tonight, Luc Lemenu will guide you through the evening.

Saturday, 23th March 2024 / Blockhütte is open.

- 8.00 am** **Aqua gym in the sports pool / please register (max. 8 people).**
You can strengthen all the important muscles to keep your torso and spine stable. 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. We are happy to accept your registrations and sign you up for our sports program.
- 10.30 am** **Guided hike with Gerhard Fahrner.**
Today we drive with our hotel bus to Schwarzenberg. From there we hike along the Murg river. After a small climb we reach the Mäder shelter. Here we enjoy the magnificent view a tasting beer from the wine fountain. We continue to the Panoramstüble. Well strengthened, we hike back to the starting point. Length 8,5 km, medium level, return 2.30 pm. Registration until 9 am (max.7 persons). Meeting point is at the hotel entrance.
- 11.45 am** **Body toning with Danielle Wember.**
Stabilisation and mobilisation - a comprehensive full-body workout that works deep into the muscles. It fulfils 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.
- 02.30 pm** **Tabata with Imola Schumacher / Basic fitness required.**
Tabata is a form of interval training in which short, high-intensity intervals of movements are alternated with short breaks in between. Duration 50 minutes. Registration by 12 noon. Meeting point is in the Well-Fit room.
- 03.30 pm** **Stretch & Relax with Imola Schumacher.**
Stretching involves targeted stretching of muscles, joints and the spine. Duration 40 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 25.- p. P. The meeting point is in the vinothèque in our shopping mall.
- 09.00 pm** **Live Music in the hotel hall with Piano Cocktail.**

Sunday, 24th March 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 dialling 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	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	10.00 am to 18.00 pm,
	Sunday	10.00 am to 02.00 pm
	Monday to Thursday	closed
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	Mon and Tue	closed
	Wed to Sun	noon to 6 pm

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