



TRAUBE TONBACH

best since 1789



Weekly Program

5th October - 11th October 2026

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, 5th October 2026 / Blockhütte is closed.

08.00 am Aqua gym in the sports pool / please register (max. 10 people).

The natural buoyancy and resistance of the water provide a full-body workout for muscles, ligaments, tendons, and joints. In addition, the lymphatic system is stimulated by the gentle massaging effect of the water. The joints are also protected in the process. Duration 30 minutes. Registration until 7 a.m. The meeting point is in the pool area.

08.50 am A short morning routine – big impact with Iris Mahler.

These morning minutes are just for you. A brief, mindful morning routine can work wonders, giving your body the energy it needs to start the day awake and motivated. We will mobilize our joints and stretch our muscles. Duration: 30 minutes. Sign up by 8.00 a.m. Meeting point: 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.

11.30 am Tour of the main building with Iris Mahler.

The main building reopened on May 8, 2022, following a 21-month construction period. The new structure complements the hotel complex which consists of various buildings in the center of Tonbach and boasts a total area of just under 3.000 square meters. Today, Iris Mahler will guide you through the building in an informative and charming manner. Duration: 60 minutes. Please sign up by 10.00 a.m. Meeting point: Main building entrance.

02.00 pm Afternoon snack at Restaurant Silberberg until 3:30 pm.

Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a light afternoon treat. Enjoy!

02.00 pm Walk in the Reichenbach Valley Rosi Haist.

Join Rosi Haist for a relaxing walk – the perfect opportunity to consciously experience the beauty of nature, enjoy some fresh air, and soak in the special atmosphere of the Reichenbach Valley. The paths are easy to walk. Registration until 9 am. Length approx. 5 km. Duration 1.5 hours + travel time. Return 4:30 am. Meeting point is at the hotel entrance.

04.00 pm BODYART with Iris Mahler.

Bodyart combines disciplines like yoga, Pilates, and functional training. It's an ideal workout for strength, coordination, and balance. The focus is on flowing movements, alternating between strengthening exercises, stretches, and relaxation elements. The goal is to strengthen muscles, release tension, mobilize joints, and improve the flow of energy in the body. Duration: 60 minutes. Sign up by 2.00 pm. Meeting point is in the Well-Fit room.

Tuesday, 6th October 2026 / Blockhütte is closed.

- 08.00 am** **Aqua gym in the sports pool / please register (max. 10 people).**
The natural buoyancy and resistance of the water provide a full-body workout for muscles, ligaments, tendons, and joints. Duration 30 minutes. Registration until 7 a.m. The meeting point is in the pool area.
- 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. We are happy to accept your registrations and sign you up for our sports program.
- 10.30 am** **Hiking Transfer to Mitteltal / Obertal – Self-Guided Hike.**
Take advantage of our hiking transfer to Mitteltal or Obertal. Equipped with a hiking map, you can hike back to Tonbach at your own pace. Whether you go around the Rinkenberg or via the Elme, enjoy the beautiful landscape featuring dense forests, clear streams, and picturesque views. Fastest routes: Obertal to Tonbach (9 km, 3 hours); Mitteltal to Tonbach (4.5 km, 1.5 hours). Please sign up by 9:00 a.m. Meeting point: hotel entrance.
- 11.30 am** **Guided e-bike tour with Rosi Haist.**
The Black Forest is a real paradise for cyclists too – with varied trails, stunning scenery, and beautiful views. Enjoy the ease of cycling on our guided e-bike tour. Helmets are provided free of charge (important: sturdy shoes and comfortable clothing). Duration: 1.5 hours. Please register by 9 a.m. Meeting point is at the bike garage.
- 01.30 pm** **Curling with Rosi Haist.**
Whether beginner or pro – the main thing here is the joy of playing together! With skill, concentration, and a little finesse, the goal is to get the stick as close to the target as possible. Registration until 10 AM (min. 3, max. 8 people). Meeting point is at the Traube curling lane.
- 02.00 pm** **Afternoon snack at Restaurant Silberberg until 3:30 pm.**
- 02.30 pm** **Back Fit & Vital with Imola Schumacher.**
For a healthy back, strength and mobility are equally important. While strength provides stability, mobility maintains flexibility. Together, they form the foundation for a resilient and pain-free back. Duration: 50 minutes. Registration until 12 PM. Meeting point is in the Well-Fit room.
- 03.30 pm** **BBP / Abs, Legs & Butt functional with Imola Schumacher.**
This training specifically targets the strengthening of the abdominal, leg, and glute muscles. After the warm-up, a strengthening part with dynamic exercises follows. Isolation exercises on the mat complete this dynamic training. Registration until 12 PM. Duration: 50 minutes. Meeting point is in the Well-Fit room.

Wednesday, 7th October 2026 / Blockhütte is open from 12 - 6 pm.

08.00 am Aqua gym in the sports pool / please register (max. 10 people).

The natural buoyancy and resistance of the water provide a full-body workout for muscles, ligaments, tendons, and joints. In addition, the lymphatic system is stimulated by the gentle massaging effect of the water. The joints are also protected in the process. Duration 30 minutes. Registration until 7 a.m. The meeting point is in the pool area.

08.50 am A short morning routine – big impact with Janina Budenz.

These morning minutes are just for you. A brief, mindful morning routine can work wonders, giving your body the energy it needs to start the day awake and motivated. We will mobilize our joints and stretch our muscles. Duration: 30 minutes. Sign up by 8.00 am Meeting point: 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 / Schwarzenbach Dam.

A rare spectacle is currently on display at the Schwarzenbach Dam: the normally deep blue reservoir has been almost completely drained. What is usually hidden beneath millions of cubic meters of water is now visible – a sight that only occurs every few decades. This circular hike starts right with the main highlight, the dam itself. We'll walk over the impressive dam, which is 65 meters high and 400 meters long. Distance 8 km, easy level, planned return at 3:30 PM. Registration by 9 AM. Meeting point is at the hotel entrance.

11.30 am Fit Mix with Janina Budenz.

A perfect mix of different fitness styles. Various exercises target different muscle groups while also strengthening your cardiovascular system. Duration 50 minutes. Sign up by 10 am. Meeting point is in the Well-Fit room.

02.00 pm Afternoon snack at Restaurant Silberberg until 3.30 pm.

04.00 pm Hatha Yoga with Sandra Breuer.

Experience the harmonious combination of strengthening poses with gentle stretches and mindful breathing. Hatha Yoga is wonderful for connecting with yourself and boosting your energy. Duration 60 minutes. Sign up by 12 PM (minimum 3 people). Meeting point is in the Well-Fit room.

05.10 pm Stretch & Relax with Sandra Breuer.

Ideal for anyone who wants to release tension and recharge. Gentle cues invite you to relax and find new strength. Duration 40 minutes. Sign up by 12 PM (minimum 3 people). Meeting point is in the Well-Fit room.

Thursday, 8th October 2026 / Blockhütte is open from 12 - 6 pm.

- 08.00 am** **Aqua gym in the sports pool / please register (max. 8 people).**
The natural buoyancy and resistance of the water provide a full-body workout for muscles, ligaments, tendons, and joints. In addition, the lymphatic system is stimulated by the gentle massaging effect of the water. Duration 30 minutes. Registration until 7 a.m. The 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.
- 11.00 am** **Transfer to Freudenstadt / Return pickup at 2.00 pm.**
The heart of the town is the spacious market square – with about 200 × 200 meters, one of the largest market squares in Germany. Surrounded by historic buildings and arcades, it invites you to stroll and linger. Registration by 9 a.m. (max. 7 people). Meeting point is at the hotel entrance.
- 11.30 am** **Guided e-bike tour with Janina Budnez.**
Enjoy the ease of cycling on our guided e-bike tour. With the electric assistance, you'll conquer even the hills effortlessly. Before setting off, you'll get a brief introduction so you can start your ride feeling relaxed and well-prepared (you should be able to ride a bike safely). Duration: 1.5 hours. Registration until 9 a.m. Meeting point is at the bike garage.
- 11.45 am** **Chair Fit / Yoga Inspired with Iris Mahler.**
Yoga doesn't always have to happen on a mat. In chair yoga, we combine gentle movements, mindful breathing, and relaxing stretches. The exercises are easy on the joints and are especially suitable for people over 50, beginners, those getting back into it, or anyone who wants to do something good for their body in between. Duration: 50 minutes. Sign up by 11 a.m. Meeting point: Well-Fit Room.
- 02.00 pm** **Afternoon snack at Restaurant Silberberg until 3.30 pm.**
Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a light afternoon treat. Enjoy!
- 02.30 pm** **Fit Mix with Imola Schumacher.**
A perfect mix of different fitness styles. Varied exercises strengthen different muscle groups and the cardiovascular system. Duration 50 minutes. Sign up by 10 AM. Meeting point is in the Well-Fit room.
- 03.30 pm** **Mobility Flow with Imola Schumacher.**
Mobility Flow training combines dynamic movements, active stretching, and targeted joint mobility into a flowing session. The goal is better flexibility, relieving tension, and more control in movements. Duration 40 minutes. Sign up by 12 PM. Meeting point is in the Well-Fit room.

Friday, 9th October 2026 / Blockhütte is closed.

- 08.00 am Aqua gym in the sports pool / please register (max. 8 people).**
The natural buoyancy and resistance of the water provide a full-body workout for muscles, ligaments, tendons, and joints. In addition, the lymphatic system is stimulated by the gentle massaging effect of the water. Duration 30 minutes. Registration until 7 a.m. The meeting point is in the pool area.
- 08.50 am A short morning routine – big impact with Iris Mahler.**
These morning minutes are just for you. A brief, mindful morning routine can work wonders, giving your body the energy it needs to start the day awake and motivated. We will mobilize our joints and stretch our muscles. Duration: 30 minutes. Sign up by 8.00 am Meeting point: Well-Fit Room.
- 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 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.**
We travel together on the hotel bus to the Sankenbach Valley. From there, we hike along paths, some of which are natural and rugged to the idyllic Sankenbachsee lake. Next, we head uphill to the Wasserfallhütte. Distance: 11 km; moderate difficulty; return at 3.30 pm. Please sign up by 9.30 am. Meeting point: entrance to the main building (Stammhaus).
- 02.00 pm Afternoon snack at Restaurant Silberberg until 3.30 pm.**
Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a light afternoon treat. Enjoy!
- 02.30 pm Tabata Duo with Iris Mahler.**
Tabata is a form of interval training, where short, intense bursts of movement are alternated with short breaks in between. The principle is simple but effective: 20 seconds full energy / 10 seconds' rest. Duration: 50 minutes. Registration until 11 am. Meeting point is in the Well-Fit room
- 04.00 pm BodyART yoga inspired with Iris Mahler.**
Experience a holistic workout that brings body and mind into harmony. BodyART® combines elements of yoga, Pilates, and functional training into harmonious, flowing movements. The focus is on conscious breathing, stability, strength, and flexibility. Duration: 70 minutes. Registration until 12 PM. Meeting point is in the Well-Fit room.
- 09.00 pm Live music in the hotel lobby.**
Pianist Ralph Lohaus provides musical accompaniment for the evening.

Saturday, 10th October 2026 / Blockhütte is open 12 - 4 pm.

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

Water-based training is an effective yet joint-friendly full-body workout that combines physical activity with well-being. The natural resistance of the water stimulates the cardiovascular system. At the same time, it strengthens the respiratory and other muscles while boosting metabolism. Duration: 30 minutes. Meeting point: 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 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 Gerhard Fahrner.

The trail winds through dense forests and opens up to reveal views of idyllic meadows and the impressive heights of the Black Forest. Along the way, there are plenty of spots to pause, take a deep breath, and simply enjoy the moment. Distance: 9 km; moderate difficulty. Return: 2:30 p.m. Meeting point: Hotel entrance.

02.00 pm Afternoon snack at Restaurant Silberberg until 3.30 pm.

Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a light afternoon treat. Enjoy!

03.00 pm BODYART / Interval & Core Training with Iris Mahler.

BodyART is a holistic training concept. The exercises combine strength, flexibility, balance, and cardio. This class starts and ends slowly, while the middle section is focused on cardio and interval sequences. Duration: 60 minutes. Please register by 12 PM. Meeting point is in the Well-Fit room.

04.00 pm Wine tasting in our wine shop with Sommelière Maria Sühlfleisch.

Look forward to a unique wine experience. An outstanding selection of wines awaits you—quality wines that are sure to impress and offer new discoveries even for seasoned connoisseurs. Sign-up deadline: 12:00 p.m. Fee: €40 per person. Meeting point: Wine shop.

04.15 pm Fascia Flow & Mobility with Iris Mahler.

In Fascial Stretch, we stretch our fascia in all directions. We also gently mobilize our joints. This combination of stretching & mobilization is noticeably effective for joints and muscles. Registration until 12 PM (minimum 3 participants). Duration: 45 minutes. Meeting point is in the Well-Fit Room.

06.00 pm Aperitif time / Live music with pianist Ralph Lohaus.

09.00 pm Live music in the hotel lobby.

Pianist Ralph Lohaus provides musical accompaniment for the evening.

Sunday, 11th October 2026 / Blockhütte is open from 12 - 6 pm.

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.

02.00 pm

Afternoon snack at Restaurant Silberberg until 3:30 pm.

Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a light afternoon treat. Enjoy!

06.00 pm

Welcome reception in the hotel lobby.

We warmly welcome you to a relaxed gathering and will present the program for the coming week.

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 Kids Court is a huge modern playroom where our little guests from the age of 3 are lovingly and with a lot of fun looked after. We ask for your registration for the children's meals, for lunch by 10.30 a.m., for dinner by 4.30 p.m. There are 2 meals to choose from.

Opening hours: Sunday to Thursday from 10 a.m. to 7 p.m., Friday and Saturday and public holidays until 10 p.m. During the holiday periods, daily from 9.30 a.m. - 10 p.m.

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 an optional clothing sauna.

Spa & Resort.

Our SPA & RESORT is 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 Stammhaus.

7.30 am – 11.00 am

Enjoyable afternoon in the restaurant Silberberg from 2 pm to 3.30 pm

We have various delicacies ready for you if you feel hungry in the afternoon.

Dinner at the restaurant Silberberg.

We serve the menu in two slots: 18h / 20h.

The restaurant management is happy to help you with scheduling and seating.

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.

Company holidays: Monday, January 26 to Thursday, February 5, 2026.

1789

The ambience in our little 1789 is as cozy as the modern kitchen.

Opening hours:

Tue, Wed, Thu, Fri and Sat, from 7 pm / Sun & Mon 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:

Mon to Sun 12.30 pm - 8.30 pm.

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	please check the hours at the shop
Schmuck und Juwelen	Closed until further notice	
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	Monday to Wednesday	closed
	Thursday to Sunday	open

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