TRAUBE TONBACH

best since 1789



Weekly Program

16th November – 22nd November 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, 16th November 2026 / Blockhütte is closing.

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 is until 7.30 a.m. Duration is 30 minutes. Meeting point is in the pool area.

08.50 am **Small Morning Routine - Big Impact with Iris Mahler.**
A small, mindful morning routine can work wonders to start the day awake and motivated. We mobilize the joints and stretch our muscles. Duration 30 minutes. Registration by 8 a.m. 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.

11.30 am **Guided tour of the main building.**
Iris Mahler will give you an informative and charming tour of the building today. We will also be given a glimpse behind the scenes. Duration: 60 minutes. Registration by 10:00 a.m. Maximum 15 people. Meeting point: entrance of the main building.

13.00 am **Walk in the Reichenbach Valley with Gerhard Fahner.**
Enjoy the fresh air and sociable atmosphere on a relaxed walk in the beautiful Reichenbach Valley. The paths are easy to walk on. Registration by 10 a.m. Length approx. 5 km. Duration 1.5 hours + travel time. Return at 3:30 p.m. Meeting point is at the hotel entrance.

02.00 pm **Afternoon Snack at Restaurant Silberberg until 3:30 p.m.**
Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a little afternoon appetite. We wish you a good meal.

03.00 pm **Aqua Back Exercises in the Sports Pool.**
Water aerobics is a particularly gentle and effective form of exercise – especially beneficial for back problems. Consciously straightening the upper body and controlled arm movements help strengthen the back and shoulder muscles. Duration: 30 minutes. Registration by 1:00 PM. Meeting point: in the sports pool.

04.00 pm **BODYART with Iris Mahler. Duration: 60 minutes.**
Bodyart combines disciplines such as yoga, Pilates, and functional training. The focus is on flowing movements. Strengthening exercises, stretches, and relaxation elements alternate. A great full body workout. Registration by 2:00 PM (minimum 3 people). Meeting point is in the Well-Fit room.

Tuesday, 17th November 2026 / 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 is until 7.30 a.m. Duration is 30 minutes. Meeting point is in the pool area.

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10.30 am **Hiking Transfer Mitteltal / Obertal – Hike on Your Own.**
Take advantage of our hiking transfer to Mitteltal or Obertal. Equipped with a hiking map, you can hike back to Tonbach on your own. Whether around the Rinkenberg or over the Elme – enjoy this beautiful tour through dense forests with picturesque views. Fastest routes: Obertal/Tonbach 9 km, 3 hours. Mitteltal/Tonbach 4.5 km, 1.5 hours. Please register by 9 AM. Meeting point is at the hotel entrance.

11.45 am **Chair Fit with Iris Mahler.**
The chair is a stable training device that provides support. This course specifically promotes strength, flexibility, coordination, and endurance. Gentle gymnastic exercises activate the entire body. Duration: 45 minutes. Registration by 10:00 a.m.Meeting point: Well-Fit room.

02.00 pm **Afternoon Snack at Restaurant Silberberg until 3:30 p.m.**

02.30 pm **Back Fitness & Vitality with Imola Schumacher.**
Targeted back training also strengthens the deep muscles responsible for stability and balance. This can correct poor posture and reduce tension. Regular training prevents back pain and supports spinal mobility. This course is suitable for both beginners and advanced participants. It lasts 50 minutes. Registration is required by 12 noon. The meeting point is the Well-Fit room.

03.30 pm **Functional Abs, Legs, and Glutes with Imola Schumacher.**
This holistic workout specifically targets the abdominal, leg, and gluteal muscles. After a warm-up, the session includes a strengthening segment with dynamic exercises that engage multiple muscle groups simultaneously. The workout is complemented by targeted isolation exercises on the mat. Basic fitness is recommended. Registration by 12:00 PM. Duration: 50 minutes. Meet in the Well-Fit room.

Wednesday, 18th November 2026 / Blockhütte is open from 12 – 5 pm.

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 is until 7.30 a.m. Duration is 30 minutes. Meeting point is in the pool area.

08.50 am **Small Morning Routine - Big Impact with Janina Budenz.**
A small, mindful morning routine can work wonders to start the day awake and motivated. We mobilize the joints and stretch our muscles. Duration 30 minutes. Registration by 8 a.m. Meeting point is in the Well-Fit room.

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11.30 am **Fit Mix with Janina Budenz.**
A comprehensive full-body workout incorporating endurance, strength, flexibility, and coordination—a perfect blend of various fitness styles. Core training focuses on strengthening the torso muscles. Duration: 50 minutes. Registration by 10:00 AM. Meet in the Well-Fit room.

02.00 pm **Afternoon Snack at Restaurant Silberberg until 3:30 p.m.**
Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a little afternoon appetite. We wish you a good meal.

04.00 pm **Hatha Yoga with Sandra Breuer**
Experience the harmonious combination of strengthening postures with gentle stretches and conscious breathing. In each session, we create space to arrive in the present moment. Hatha Yoga is wonderful for connecting with yourself and recharging your energy. Duration: 60 minutes. Registration by 12:00 PM. Meet in the Well-Fit room.

05.10 pm **Stretch & relax with Sandra Breuer. Meet in the Well-Fit room.**
Ideal for anyone who wants to let go, recharge, and deepen their connection to themselves – no prior experience necessary. Gentle prompts invite you to find peace and renewed strength. Duration: 40 minutes. Registration by 12:00 PM.

Our tip: Visit the Ruhestein National Park Center on your own.
The center is located at around 900 meters above sea level at Ruhestein. With its interactive exhibition about the wilder forest, a cinema, the Bridge of Wilderness, a café, and a tourist info shop, the National Park Center is an exciting day destination in the beautiful nature of the Northern Black Forest – even in bad weather. Entrance to the National Park Center is free – only the exhibition inside the center requires a ticket.

Thursday, 19th November 2026 / Blockhütte is open from 12 - 4 pm

08.00 am **Aqua gym in the sports pool / please register (max. 8 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 is until 7.30 a.m. Duration is 30 minutes. 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.

11.30 am **Fit Mix with Janina Budenz.**
A comprehensive full-body workout incorporating endurance, strength, flexibility, and coordination—a perfect blend of various fitness styles. Core training focuses on strengthening the torso muscles. Duration: 50 minutes. Registration by 10:00 AM. Meet in the Well-Fit room.

02.00 pm **Afternoon Snack at Restaurant Silberberg until 3:30 p.m.**
Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a little afternoon appetite. We wish you a good meal.

02.30 pm **Body Attack & Core Training with Imoala Schumacher.**
Get ready for a varied workout focusing on cardio and strength. With motivating music and lots of energy, we'll really get moving. Everyone can train at their own level. Duration: 50 minutes. Registration until 12 PM. 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 routine. It improves flexibility, posture, and coordination. Duration: 40 minutes. Registration until 12 PM. Meeting point is in the Well-Fit Room.

06.00 pm **Traditional Aperitif in the hotel lobby.**
The ongoing renovation work is a milestone for Hotel Traube Tonbach. Here you'll learn the status of the construction and the plan for the next steps.

07.00 pm **Cozy fondue evening in the log cabin.**
You can reach the log cabin on foot in 10 minutes via the forest path exits. Or take advantage of our transfer at 6:50 PM (please register at reception). The meeting point for the transfer is at the main entrance. Please register for the fondue evening by noon with the Silberberg restaurant management. Minimum of 16 participants.

Friday, 20th November 2026 / Blockhütte is open from 12 - 5 pm

08.00 am **Aqua gym in the sports pool / please register (max. 8 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 is until 7.30 a.m. Duration is 30 minutes. Meeting point is in the pool area.

08.50 am **Small Morning Routine - Big Impact with Iris Mahler.**
A small, mindful morning routine can work wonders to start the day awake and motivated. We mobilize the joints and stretch our muscles. Duration 30 minutes. Registration by 8 a.m. Meeting point is in the 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.

11.00 am **Hike with Gerhard Fahrner.**
We'll take our hotel bus together to the Sankenbach Valley. From there, we'll hike on partly natural trails all the way to the idyllic Sankenbach Lake. Next, we go uphill to the Waterfall Hut. The tour then follows a beautiful high-altitude path to the Wasen Hut and finally to the Stöckerkopf, where we get a wonderful view of Baiersbronn. Length: 11 km, moderate level, return at 3:30 PM. Registration by 9:30 AM. Meeting point: at the entrance of the main building.

02.00 pm **Afternoon Snack at Restaurant Silberberg until 3:30 p.m.**
Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a little afternoon appetite. We wish you a good meal.

02.30 am **Tabata Duo with Iris Mahler. Registration by 11:00 AM.**
Tabata is a form of interval training where short, intense bursts of exercise are alternated with short breaks. The principle is simple but effective: 20 seconds full energy / 10 seconds rest. Duration: 50 minutes. Meeting point: in the Well-Fit room.

04.00 pm **BodyART yoga is inspired by Iris Mahler. Registration by 12:00 pm.**
BodyART® is based on the principles of Chinese medicine and combines elements of yoga, Pilates, functional training, and breathing techniques. This holistic training improves flexibility, balance, coordination, and strength. Duration: 70 minutes. Meeting point: Well-Fit room.

06.00 pm **Aperitif time – Piano music in the hotel lobby with Ralph Lohaus.**

09.00 pm **Live music in the hotel lobby.**
Ralph Lohaus will provide musical accompaniment throughout the evening.

Saturday, 21st November 2026 / Blockhütte is open from 12 - 4 pm.

08.00 am **Aqua gym in the sports pool / please register (max. 8 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 is until 7.30 a.m. Duration is 30 minutes. Meeting point is in 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 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 **Randonnée avec Gerhard Fahrner.**
Avec ses paysages variés, la Forêt-Noire est l'une des plus belles régions de randonnée d'Allemagne. Laissez-vous surprendre par une magnifique randonnée en compagnie de Gerhard Fahrner. Le parcours sera adapté aux conditions météorologiques. Longueur : environ 9 km, niveau : modéré. Retour prévu à 14h30. Inscription avant 9h00. Rendez-vous à l'entrée de l'hôtel.

02.00 pm **Afternoon Snack at Restaurant Silberberg until 3:30 p.m.**
Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a little afternoon appetite. We wish you a good meal.

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, with the middle part focused on cardio and interval sequences. Duration 60 minutes. Sign up 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 special wine journey. You can expect an excellent selection of selected wines that impress with their quality and offer new discoveries even for connoisseurs. Registration is until 12 o'clock. Contribution is 40.- per person. Meeting point is at the wine shop.

04.15 pm **Fascial Flow Stretch with Iris Mahler.**
Static stretching reaches some of the fascia, but not all of it. Fascial Stretch, on the other hand, stretches our fascia in all directions, aligns our connective tissue fibers in a scissor-like grid pattern, and thus creates balance in the body. Registration by 12 noon (minimum 3 people). Duration: 40 minutes. Meeting point: Well-Fit room.

06.00 pm **Aperitif time – Piano music in the hotel lobby with Ralph Lohaus.**

09.00 pm **Live music in the hotel lobby.**
Ralph Lohaus will provide musical accompaniment throughout the evening.

Sunday, 22nd November 2026 / Blockhütte is open 12 - 5 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 p.m.**
Dear guests, at our buffet in Restaurant Silberberg you will find a snack for a little afternoon appetite. We wish you a good meal.

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 / Quartier restaurant.
7.30 am – 11.30 am

Enjoyable afternoon in the restaurant Schatzhauser**. from 2 pm to 3.30 pm**
We have various delicacies ready for you if you feel hungry in the afternoon.

Dinner at the Stammhaust / restaurant Schatzhauser.
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.
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:
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 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	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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