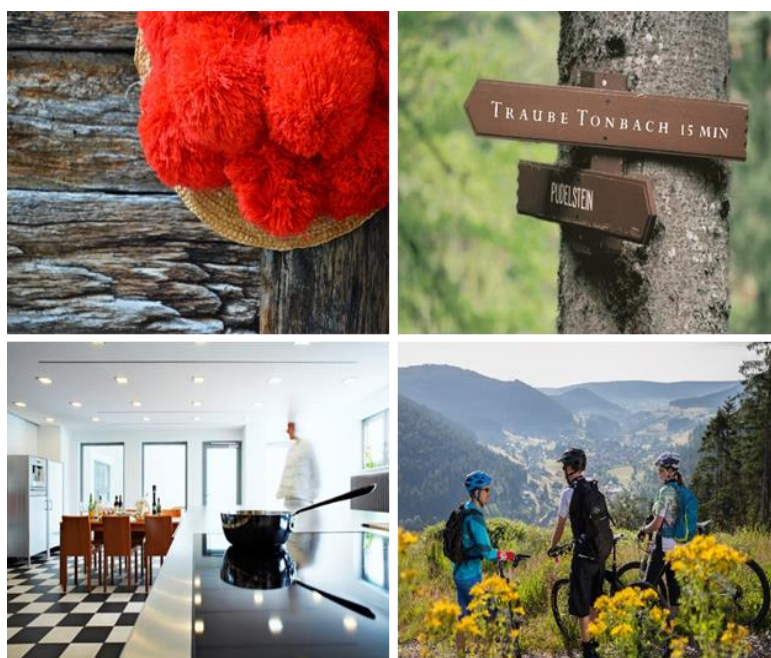


TRAUBE TONBACH

best since 1789



Leisure & Activities 2020

It is your time.
Make unforgettable experiences

Dear Guests,

for your holiday time we offer a daily program with a selection of daily activities for your holidays. Experience the unique nature in the Black Forest, let us move you actively, discover the versatility of Traube Tonbach with a pampering program.

Furthermore we will give you an overview of which special weeks our team around Björn Deinert and Iris Mahler will organise for you for the rest of the year. In addition to the annual overview you will find the detailed descriptions of the special weeks.

As a service of our house the activities are usually free of charge. Only for special offers a fee applies, which is shown in the details.

We look forward to seeing you!

Annual overview 2020

Date	Occasion
06. - 10. Jan	bodyART meets Pilates with Iris Mahler and Birgit Frey
27. - 31. Jan	Yoga with Sabine Broghammer
03. - 06. Feb	Active Winterweek
10. - 14. Feb	Active Winterweek
17. - 21. Feb	bodyART pure with Iris Mahler
21. - 25. Feb	Carnival at Traube Tonbach
02. - 06. Mar	Fit in spring with Iris Mahler and Birgit Frey
16. - 20. Mar	Fit in spring with Iris Mahler and Birgit Frey
23. - 27. Mar	Yoga with Dagmar Buhler / „Energy-Flow“
30. Mar – 03. April	Spring Hiking Week
21. April	Four-Hands-Dinner with Torsten Michel and Florian Stolte
20. - 24. April	Yoga with Sabine Broghammer
27. - 1. May	Spring Hiking Week
27. - 30. April	Dance Week with Martina and Eberhard Braig
May until Sep	Summer Golf Days (New in program)
04. - 08. May	Art Week with Elvira Amrhein (Contribution Fee)
11. - 15. May	Cultural hiking week
25. - 27. May	Herb Days at Traube Tonbach
08. – 13. June	Survival Camp with Outdoor Expert Robert Hill
15. - 18. June	Summer Golf Days (Arrangement / New in program)
16. June	Torsten Michel – Our 3-star chef invites you to dinner
22. - 24. June	„A celebration for friends“ / Luxembourg
22. - 26. June	Sportive Hiking Week / Mon – Fri ca. 14-18 km
29. June – 03. July	Summer yoga with Dagmar Buhler
06. - 10. July	Bike week with Birgit Frey
13. - 15. July	„A celebration for friends“ / France
13. - 17. July	Hiking Week / regional waterfalls with early risers tours / Mon – Fri ca. 12 km
27. - 31. July	Yoga with Sabine Broghammer
31. July - 02. Aug	„A celebration for friends“ / Schwiss

Annual overview 2020

Date	Occasion
03. - 07. Aug	Youth soccer camp with Horst & Philipp Köppel
10. - 14. Aug	Hiking Week / Kids & Family
10. – 15. Aug	Survival Camp with Outdoor Expert Robert Hill
17. - 21. Aug	Bicycle Week with Birgit Frey
17. – 22. Aug	Survival Camp with Outdoor Expert Robert Hill
24. - 28. Aug	Summer Yoga with Dagmar Buhler
25. Aug	Legends of Culinary Arts: Dieter Müller is cooking for us
31. Aug - 04. Sept	Wellness Hiking Week / Mon – Fri ca. 7-8 km
14. - 18. Sept	Yoga with Dagmar Buhler / „Energy Flow“
21. - 25. Sept	Hiking Week / Hiking & Wine
22. Sept	Legends of Culinary Arts: Joachim Wissler is cooking for us
28. Sep – 2. Oct	bodyART meets Pilates with Iris Mahler and Birgit Frey
05. - 09. Oct	Week of Culinary Delights (culinary evenings, excursions...)
12. - 16. Oct	Autumn Hiking Week / Mon – Fri ca. 10-12 km
19. - 23. Oct	Yoga with Dagmar Buhler / „Energy-Flow“
26. – 31. Oct	Survival Camp with Outdoor Expert Robert Hill
30. Oct	Kids & Family Day / Adventure Day for three generations
31. Oct	Halloween for Kids
09. - 13. Nov	Yoga with Sabine Broghammer
10. - 12. Nov	„Scottish Days“
16. - 20. Nov	Dance Week with Martina and Eberhard Braig
17. Nov	Legends of Culinary Arts: Dieter Müller is cooking for us
23. - 27. Nov	bodyART pure with Iris Mahler
30. Nov – 05. Dez	Atmospheric advent walks
06. - 11. Dec	Saint Nicholas Week
14. - 18. Dec	Yoga Days with Sabine Broghammer

Our active weeks always start on Monday. For that reason we recommend to arrive already on Sunday. On Sunday evening during our traditional „Get-together-Aperitifs“ we introduce our upcoming weekly program and set the mood for the days to come. As a service of the house the activities are usually free of charge. For some special offers we charge a fee which will be shown in the descriptions. A detailed description of each individual special week can be found after the annual overview.

Traube Tonbach cookery school

With its challenging cooking seminars, the Traube Tonbach cookery school has become the ideal destination for passionate cooking enthusiasts. The courses can only be offered to groups of six people or more. For a group of eight or more, we are happy to arrange a course with individual themes and dates to your convenience. Accompanying wines, drinks, documents, recipes and an exclusive Traube Tonbach cooking apron are included in the course price.

Registration

We are looking forward to your registration until 4 weeks in advance of the course date. Please understand that in case of a short-term cancellation (as from 14 days before the cooking seminar) we will have to send you a cancellation bill (80% of the price from the cooking seminar) if the open place can't be filled again. This also occurs if you want to change to another date or course. For more informations about our cooking seminars please visit our homepage <https://www.traube-tonbach.de/en/adventures-for-big-and-small/activities-calendar/cooking-courses/>. For reservations please call +49 7442 492 665 or write us an e-mail reservations@traube-tonbach.de.

Dates of Cooking Classes 2020

10. Feb	Dishes from Oxtail and foie gras	250 Euro
11. Feb	Fine vegetarian kitchen	200 Euro
10. Mar	Daily dishes with fresh herbs, vegetables, fish and meat	200 Euro
20. April	Cooking class with Henry Oskar Fried and Markus Gruler, chef at the Hotel Seehalde. His kitchen is awarded with 16 points in the Gault Millau. Accompanied by the Kress winery Nussdorf on Lake Constance	250 Euro
21. April	Fine asparagus cuisine with redhead prawns, scallop and fillet of beef. Accompanied by the Kress winery Nussdorf on Lake Constance	220 Euro
25. May	The finest parts of the Spanish balfego tuna Fillet, cheek and belly	250 Euro
27. May	Small Cooking Class as part of the herb days „Wild herb and flower kitchen by Henry Oskar“ 10 am – 3 pm / 3 Course Menu / Housewine / Rental apron	98 Euro

Dates of Cooking Classes 2020

15. June	Nature in the cooking pot Herbs from the Black Forest region	200 Euro
16. June	Cooking class with 1 Michelin star chef Florian Stolte of the Köhlerstube Traube Tonbach	250 Euro
20. July	Barbecue on charcoal "family style" Australian beef, cutlet from the Stauferico pork, U5 shrimp, whole sea bass with various salads, side dishes, sauces and dips	260 Euro
21. July	„French Classics“ Duck liver paté with toasted bread, truffle essence under puff pastry, Bouillabaisse with Rouille sauce	260 Euro
21. Sep	Variations of yellowfin mackerel	220 Euro
22. Sep	Late summer kitchen with wild mushrooms, fish and meat from the Northern Black Forest	200 Euro
05. Oct	Venison Wild boar, pheasant and deer	220 Euro
06. Oct	Venison Pigeon, deer and wild hare	220 Euro
02. Nov	Variations from the farmers drake duck	210 Euro
03. Nov	Offal from calf, goose and lamb	250 Euro

Dates of Cooking Classes 2021

11. Jan	Stewed dishes from Oxcheek, Oxtail and calf's head with winter vegetables	220 Euro
12. Jan	Exclusive 5-course-menu with Perigord Truffle Main course includes whole braised truffles accompanied by champagne	500 Euro
08. Feb	Delicacies from Austria Dishes from my hiking years in Vorarlberg	200 Euro
09. Feb	Bretonian lobster and carabinero	300 Euro
15. Mar	Asian flavors Dishes from my years in Thailand and Indonesia	230 Euro
16. Mar	Fit for Spring Herbs, salads, fish, poultry and exquisite balsamic vinegars and oils	210 Euro

Legends of Culinary Art-Events 2020

21. April / Four - Hands - Dinner with Torsten Michel and Florian Stolte

Florian Stolte is the head chef of our Köhlerstube. His secret? The best of the season is refined with surprising accents and unusual flavors. He and Torsten Michel, our two star chefs will create in a duo an elegant menu for you today to enjoy.



16. June / Torsten Michel

In 2017 Torsten Michel took over the position as a head chef of the Schwarzwaldstube and defended with 3 stars in the Michelin Guide and 19.5 points in the Gault Millau the highest ratings. Torsten Michel stands for a kitchen of perfect lightness, delicate in realization, intense, round and delicious for the palate.



25. August und 17. November - Dieter Müller

Dieter Müller is a friend of our house since many years and a true cooking legend. His tasks on board the „MS Europa“ brought him to many ports and to various markets of the Mediterranean Sea. He got to know new products and flavors – all of these impressions and experiences are part of his dishes.



22. September – Joachim Wissler

Welcome to the Black Forest - Joachim Wissler cooks for us. Today we hand over our kitchen in the Silberberg restaurant to this culinary expert - and you can be there. He has been the chef at the Vendôme restaurant in the Grand Hotel Schloss Bensberg since 2000 and will be with us in late September to delight you with his culinary art.



For more informations and reservations please ask our reservation team.

Special Weeks

Yoga with Sabine Broghammer

Sabine Broghammer, Yoga with LOVE

With mindfulness, love and respect we take care of our body, our breath and our soul. Blockages, tension and undigested feelings, all will be relieved. Yoga with Love, works profoundly and persistently as the change takes place all the way to the cellular level. The asanas (physical exercises) are performed mindfully and gently in connection with the breathing and the mind (also suitable for beginners). This offer is free of charge as part of your hotel stay.

27. – 31. January

Yoga & Basic Delicacies.

Basic nutrition detoxifies our body. We become softer again and feel fresher and more alive, perfect for the beginning of the year.

Monday to Friday 8.45 a.m. until 10.00 a.m.

Meditation, breathing and flowing body exercises to stretch and to gain new strength

Monday to Thursday 3.30 p.m. until 5 p.m.

Detox yoga, detoxing of the body and mind

Friday 12.00 p.m. End of the week session

20. – 24. April

Yoga for a strong back

Strengthen your back to walk upright again through the world

Monday to Friday 8.45 a.m. until 10.00 a.m.

Yoga for the back, Pranayama (Breathing exercise) and meditation

Monday to Thursday 3.30 p.m. until 5.00 p.m.

Gentle Yoga for the back

Friday 12.00 p.m. End of the week session

27. – 31. July

Yoga in the forest

Reconnecting with nature - Inside (your own nature) and outside. If the weather conditions are good, we practice outside.

Monday to Friday 8.45 a.m. until 10.00 a.m.

Yoga of mindfulness

Monday to Friday 3.30 p.m. until 5.00 p.m.

Aranja Yoga

Friday 12.00 pm End of the week session

9. – 13. Nov

Kundalini Yoga.

Kundalini is the energy within us that needs to be re-awakened to guide you to a harmonious, happy life. Very often this energy is blocked, creating tension in the body and mind.

Monday to Friday 8.45 a.m. until 10.00 a.m.

Kundalini Yoga, breathing and meditation

Monday to Thursday 3.30 p.m. until 5.00 p.m.

Kundalini meditation, shaking and gentle Kundalini Yoga

Friday 12.00 p.m. End of the week session



14. – 18. Dec

Yoga of Silence and Mindfulness

For years, "burnout" is on the rise. How was your year? Do you feel burned out? These days we will be very quiet and mindful.

Monday until Friday 8.45 a.m. until 10.00 a.m.

Mauna silent meditation and mindful yoga

Monday until Thursday 3.30 p.m. until 5.00 p.m.

Yoga of Inner Light and Mauna Meditation

Friday 12.00 p.m. End of week session

Yoga „Energy-Flow“ with Dagmar Buhler

23 – 27 March, 29 June – 3 July, 14 – 18 September, 19 – 23 October

Physical activity calms relaxes and is good for your health.

Dagmar Buhler has lived many years in South-East Asia, where she completed trainings in various yoga styles and meditation. Her yoga classes are filled with ease, joy and serenity, which transfers to the participants of each lesson and makes every yoga class a wonderful experience. This special week is free of charge during your hotel stay. The aim of the yoga week is to guide you mindfully to more energy, endurance and serenity. Yoga keeps us young, powerful and healthy. A great experience for beginners and advanced participants.

Energy-Flow

Dagmar Buhler invites you to a mindful and sustainable yoga practice. Yoga exercises create an awareness of the here and now - letting go of everyday stresses and worries, strengthening oneself with new energy. A sequence of different asanas are fluently linked - Energy-Flow.

The Program

To bring movement into the body, activating the cardiovascular system, strengthening the musculature, breathing consciously for that especially yoga classes in the morning are suitable (8.45 a.m. - 9.45 a.m.).

The afternoon yoga classes (4.00 p.m. - 5.30 p.m.) help us strengthen the immune system and to stabilize our health. Practicing yoga improves emotional well-being and resistance to stress. The special yoga breathing supports the relaxation of the body and the soul and activates the self-healing powers.

A great experience for both beginners and advanced participants.

Light summer yoga with Dagmar Buhler

29 June – 3 July, 24 – 28 August,

Our yoga weeks in summer are a wonderful opportunity for anyone who wants to get to know yoga. The easy introduction to yoga practice will help you to get comfortable you with the basics of yoga, such as basic yoga exercises, breathing exercises, and relaxation. Strength, stability and flexibility are improving with yoga. Regular yoga practice helps you to create a more relaxed and positive life.

The goal of those light summer yoga weeks is to feel more vitality and balance in life. Beginners and experienced yoga students will find their space here. This special week is free of charge as part of your hotel stay.

bodyART meets Pilates with Iris Mahler and Birgit Frey

6 – 10 January / 28 September – 2 October

The human mind continuously evolves over time, while the body in its original form gradually breaks down. This discrepancy, combined with psychological strains and stress, frequently manifests itself in one's own posture. During the week, "bodyART meets Pilates", on monday and tuesday we activate the deep, small and mostly weaker muscle groups. The goal is the inner straightening for a correct body posture. Starting on wednesday, bodyART training will combine goal oriented exercises in a flowing sequence of movements. You experience the synergies of Pilates, yoga and functional training in connection with conscious breathing. Muscles, tendons, ligaments and joints feel noticeably smoother and vitalizing energies are activated.

This training is suitable for both beginners and advanced, since everyone can train or practice on his personal level. This special week is free of charge as part of your hotel stay.

bodyART pure for Her and Him with Iris Mahler

17 – 21 February / 23 – 27 November

Vitalize energies.

A great workout for those seeking strength and stability both inside and out. You experience the synergies of yoga, pilates and functional training in a whole new way in the combination of strength, flexibility, balance, heart, circulation and breathing. From an easy warming it moves from one exercise fluently to the next. Due to the change of intense force elements and active relaxation phases a noticeably positive vitalizing energy for the body and mind is created.

A fantastic form of full-body workout and suitable for all ages - from child to the elderly, from top athletes to rehabilitation patients. This week you have the opportunity to get to know different facets of bodyArt training. "

The program

For a good start into the day, a basic lesson with the basic elements of the bodyART training takes place from Monday to Friday in the morning (1 hour easy, mobilising, slightly strengthening). The hour in the afternoon has a special focus. Afterwards a 40-minute Stretch & Flow program follows.

Those who stay until Saturday will experience bodyART in its intensive form "deepwork".

bodyART is suitable for beginners as well as advanced learners, as everyone can train or practice on their personal level. This special week is free of charge as part of your hotel stay.

Wonderful Hikes

The Black Forest is one of Europe's most beautiful hiking areas and has a national park since 2014. As the seasons change, the landscape reveals an incomparable variety that we would like to lay down your feet. Whether it's sunny spring awakening, colorful autumn walks or magical tours through the snow-covered winter landscape - our hiking enthusiasts Rosi Haist, Iris Mahler and Björn Deinert will take you on a hike to the most attractive routes in the region.

Our theme weeks take into account different interests and requirements. For example, the cultural hiking week with a visit to cultural highlights, athletic tours for experienced hikers and cozy feel-good walks. Those special weeks are free as part of your hotel stay.

Spring Hiking-Week / 30 March – 3 April

On the route of Spring awakening (Mon until Fri 10 - 12 km)

Cultural Hiking Week / 11 – 15 May

On three of five hiking days we visit cultural highlights of the Region. For example, a monastery complex a castle ruins, weir system ... (Mon - Fri ca. 8 km)

Sportive Hiking Week / 22 – 26 June

Sportive routes for ambitious hikers. A certain basic condition is required (Mon – Fri ca. 16 km)

Hikingweek / 13 – 17 July

This week we hike to the regional waterfalls. On two days we start early in the morning. between 6.00 a.m. and 7.30 a.m. (Mon to Fri about 8 - 10 km).

Hikingweek Kids & Family / 10 – 14 August

You can find the detailed description under "Children and Teenagers".

Wellness Hiking Week / 31 August – 4 September

Relaxation, well-being and exercise - Relaxing hiking days for everyone. (Mon until Fri ca. 8 km)

Hikingweek „Hiking & Wine“ / 21 – 25 September

During this week, of course we also hike diligently. At the end of each hiking tour, we will enjoy a glass of wine during a get-together commented by a sommelier. To crown this week a vineyard hike in the area of Baden followed by a wine tasting will take place. (Mon until Fri ca. 12 km).

Autumn Hiking Week / 12 – 16 October

Walks through the autumnal Northern Black Forest (Mon – Fri ca. 12 km).

Advent Walks / 30 November – 5 December

During wintertime, we enjoy the calm and atmospheric spirit of the pre-Christmas season with advent surprises. (Mon bis Fri ca. 5 - 6 km)

Active Winterweek

3 - 6 February / 10 – 14 February

In winter, when it's snowing, the Black Forest turns into a fairytale landscape. Whether cross-country skiing, snowshoeing, curling or a romantic sleigh ride - the "active winter week" makes you want to exercise. In the afternoon, a trip to the winter world awaits you - on skis, on snowshoes or warmly dressed on the hiking trails. This special week is free of charge as part of your hotel stay.

Crazy for Carnival

21 – 25 February

Let the sparks fly with us. The wild party starts on Fasnet Friday. The witches dance, there is a crazy buffet, a fantastic "Schudi" evening at the Blockhütte, and a trip to see the Alemannic carnival procession and much more. The unforgettable highlight of the wild party is Rose Monday, where we also celebrate at the restaurant Silberberg. At the huge Rose Monday Ball with the Peter Thiebes Live Band, we will give a prize to the person with the best costume, so don't forget your fancy dress outfit while packing your suitcase. The theme for this year's hotel party is "Welcome to Fantasies". We are looking forward to all kinds of interesting costumes and performances– the crazier the better. Of course, the Nubbel (scapegoat of carnival) can not be missing. We warmly welcome him to Tonbach and we will burn the Nubbel with spiritual support on Carnival Tuesday to bring the festivities to a close.

Fit into the Spring with Iris Mahler and Birgit Frey

2 – 6 March, 16 – 20 March

In spring you automatically feel like to exercise and to do activities in order to get fit and vital again. The feeling to breathe easy and to recharge your batteries. This week is a great way to get ready for spring.

Every day you have the choice of at least 4 different sports courses: water aerobics, a power course such as indoor cycling or BBP functional and an energetic course like bodyART or Pilates. A 30-minute stretching program completes the day.

For this week we have the best conditions - the fresh Black Forest air, the tranquility of nature, a pampering spa area and our excellent cuisine. As part of the half board you have the option in the evening to choose a vitality menu. This special week is free as part of your hotel stay.

Dance Week „Let´s Dance“

with the ADTV-Dance teacher couple Martina and Eberhard Braig
27 – 30 April, 16 – 20 November

Get inspired to the most beautiful hobby that you can have as a couple: Couple dance.

Dancing and enjoyment belong together - that has always been the philosophy of the Braig's. Eberhard Braig started dancing when he was 16 years old. Since 28 years he runs successfully his own ADTV dance studio with his wife Martina.



"We take you on an excursion into the beautiful world of couples dancing in a relaxed, beautiful atmosphere and make you want more".

Our invitation to dance is suitable for singles as well as for couples. The classes take place in our Well-Fit room. Whether tango, cha-cha-cha or disco-fox - with our professional ADTV dance instructors you will learn with joy to float easily and safely across the floor.

We are looking forward to see you.

Martina und Eberhard Braig

Artistic holidays with Elvira Amrhein

4 – 8 May

The German-French artist Elvira Amrhein invites beginners and advanced artists to live out their creative side and to create together the most beautiful personal watercolor works of art. For some it is the thrill, to finally start again, for the others a valuable impulse for a wonderful new hobby. On request, you can work with acrylic paint, ink or coal.

The painting group meets daily from Monday to Friday from 10.30 a.m. to 1.30 p.m. in the Traube Atelier. On Wednesday afternoon we visit together an art museum. We ask for your registration at least 4 weeks in advance. Important: Please bring painting tools, watercolor paper, canvases and colors. For this special week the contribution is 336 € per person.

Herb Days in Traube Tonbach

25 – 27 May

If you enjoy using herbs, we look forward to welcoming you to our herbal days. Whether as tea, processed in a delicious pesto or as a symphony in a whole menu, herbs are diverse and turn many dishes into tasteful and refined delicacies.

Program

Monday: Tea Seminar

Björn Deinert, Tea Master of the Traube Tonbach, presents you different varieties of herbal teas and what you have to pay attention to when infusing.

Tuesday Herb Hiking

Sabine Schweikert takes you into the world of wild plants. On the way we collect some different herbs to make a wild herb pesto. The cheerful anecdotes and stories of the passionate "herbalist" will turn these hours into a perfect day.

Wednesday: Cooking Class

A delicious 3-course herb menu is prepared in our cooking school together with our deputy kitchen director Henry Oskar Fried. The main topic is "Wild Herbs and Flower Kitchen by Henry Oskar". The course starts at 10.00 a.m. and lasts until about 3.00 p.m. The cost contribution for this cooking course is 98 € per person (including table wine, water, recipes, rental cooking apron)

Summer Golf Day

Enjoy a "summer golf day" in a social and relaxed atmosphere. Together with our golf friend Roland Frey, sportsman and organizer at the golf club Freudenstadt you can always play on Wednesdays - from May to September - in the beautiful golf course in Freudenstadt with charming tracks and beautiful nature experiences.



Program

From 09.45 a.m.	The bus is waiting for you
10.00 a.m.	Transfer with our hotelbus to the Golf Club Freudenstadt
10.30 a.m.	Playing on the 18-hole Freudenstadt golf course
ca. 3.30 p.m.	Transfer back to the Hotel
ca. 4.00 p.m.	Sundowner in our rose garden or hotel lounge

For the summer golf day we charge a contribution of 176 € per person (including transfer to the golf course, green fee, snacks, coffee and cake at the clubhouse Freudenstadt, sundowner, golf guide). Registration deadline is the day before, on Tuesdays until 12.00 p.m. Minimum number of participants are 2 persons. If only one person is interested, the price will increase to 250 Euro.

Survival Camp with Robert Hill

Discover Black Forest from it's wild side

8.-13. June, 10.-15. August, 17.-22. August, 26.-31. October

Our outdoor expert Robert (Rob) Hill has a strong knowledge about the Black Forest. He grew up here and spent many days and nights in the woods. During his time with the Royal Navy he traveled through the Antarctic, the Himalayas and many unspoilt regions of Europe. Use the unique opportunity to learn from this expert and see the Black Forest with his eyes.

For the "Black Forest outdoor and survival training" he pays a visit to his old home. He has put together an educational program and various day tours to give you the basics for living in the outdoors. Learn how to start a fire, build a shelter or find food in the wild. Around a campfire Rob will tell many exciting stories that can keep up with any action movie. Join him on this exciting expedition through the Black Forest.

From 10 a.m. to 4 p.m.: Nature is calling. Choose the day with your favorite topic or book all five - every day comes with a different theme and brings you one step closer to Black Forest wildlife. As part of your hotel stay this highlight is free of charge. Children and teenager under the age of 18 can participate if accompanied by an adult.



Summer Golf Days / Arrangement

15 – 18 June

Enjoy the summer golf days Traube Tonbach in a social and relaxed atmosphere. Together with our golf friend Roland Frey, sportsman and organizer of the Golf Club Freudenstadt, you will play on the beautiful golf course in Freudenstadt with delightful courses and wonderful nature experiences. The Golf Club Freudenstadt was founded in 1929 and is therefore one of the oldest and most traditional golf courses in Germany.

Program

Monday & Tuesday / Training

From 09.45 a.m. The bus is waiting for you
10.00 a.m. Transfer to the golf course Freudenstadt
10.30 a.m. Playing the 18-hole golf course in Freudenstadt
ca. 3.30 p.m. Transfer back to the hotel
ca. 4.00 p.m. Sundowner in our rose garden or hotel lounge

Wednesday / Tournament Day

The tournament is effective by default. A handicap of 45 or less is required to participate.

Program

From 08.15 a.m. The bus is waiting for you
8.30 a.m. Transfer to the golf course Freudenstadt
9.00 a.m. Use of the Driving Range
9.30 a.m. Official greeting at the clubhouse
10.00 a.m. Cannon start of the tournament with members of the golf club
ca. 3.00 p.m. Award ceremony on the golf course
ca. 4.30 p.m. Transfer back to the hotel
7.00 p.m. Barbecue inklusive Drinks

For more information visit our homepage:

<https://www.traube-tonbach.de/en/arrangements/active/summer-golf-days-1/>

On request, we would be happy to organize individual coaching sessions for you in advance through the Peter Dworak golf school in Freudenstadt. Registrations up to 2 weeks before the start: 31st of May 2020.

National holidays

A celebration for our friends from Luxembourg, France and Switzerland.

We celebrate for and with our guests from Luxembourg, France and Switzerland and make their national holiday an exclusive Traube event. We invite you to take a walk through our beautiful Tonbach valley and surprise you with an atmospheric picnic. In the afternoon we serve coffee and tea with birthday cake. And as a highlight, a large gala menu dedicated to friendship. We invite you to this those country themed gala evenings, including corresponding wines and with festive music within your half-board.

Luxembourg National Holiday 23 June 2020

Picknick Hike 22 June 2020 11 a.m.

Birthday Afternoon Coffee 23 June, 3 p.m. Hotel-Lounge

Gala-Evening 23 June 6.30 p.m.



French National Holiday 14 July 2020

Picknick Hike 13 July, 11 a.m.

Afternoon Coffee 14 July, 3.00 p.m. Hotel-Lounge

Gala-Evening 14 July, 6.30 p.m.



Swiss National Holiday 1 August 2020

Picknick Hike 31 July, 11 a.m.

Afternoon Coffee 1 August, 2 p.m. Hotel-Lounge

Gala-Evening 1 August, 6.30 p.m.



German Day of Unity 3 October 2020

For our holiday we invite you to celebrate our country and people in our „culinary garden“ on the 2 october to enjoy the delicacies of the regions.



Bicycle Week - Baiersbronn by Bike

6 – 10 July, 17 – 21 August

Cycling with the E-bike

High mountains and valleys, unspoilt nature and winding paths. Cycling in the Black Forest is a special pleasure and a sportive challenge. With our coaches Birgit Frey and Vivien Kilgus this week you will ride on five days the most beautiful routes of the region with different levels of difficulty and wonderful views. You are welcome to bring your own bike or reserve in advance a high-quality bike from our in-house bike fleet for the tours. This special week is free of charge as part of your hotel stay.



Our in-house bike fleet

Eight comfortable Samedi bikes from the French manufacturer Mustache. The bikes look simple and elegant due to the innovative frame construction technology and the black matt paint. Depending on personal preference and terrain, you can choose between the various support modes "ECO", "Tour", "Sport" and "Turbo". Thanks to the battery support, cycling is much more relaxed.

Four sporty mountain E-bikes from Corratec. All E-bikes are equipped with the proven Bosch drive systems.

Always safely to your destination

GPS - Global Positioning System for your bike tour

With a GPS device, you can spontaneously start a Bike-Tour without hesitation and enjoy the area in a relaxed manner - the device will lead you to your destination! We have tested routes of different lengths for you, which you simply follow. We have 2 GPS devices ready for rent free of charge.

Culinary Week

5 – 9 October

From Monday to Friday every day will be dedicated to a new delight.

With lectures, presentations, culinary evenings, excursions and tastings, we invite you to enjoy the subject of the day in all its facets. For the culinary events there is an additional charge on the half board.

Scottish Days / Arrangement

10 – 12 November

Whiskey, bagpipe players, Haggis, high tea: From November 10th to 12th we bring Scottish culture to the Tonbach Valley. Heiner Finkbeiner, bar manager Bernhard Stöhr and whiskey ambassador Christian H. Rosenberg invite you to get to know Scotland's fascinating sides. For over 20 years now, the Scottish lifestyle has been brought in the Traube Tonbach to enjoy.

The opening: The journey begins on Tuesday evening with a rustic “get together evening” in the middle of the forest. Enjoy the Swabian cuisine and an exquisite whiskey rarity tasting as well as encounters and discussions in a familiar atmosphere.

On Wednesday afternoon we celebrate the tea culture and invite you to high tea in the Black Forest style. Enjoy a talk and dinner on Wednesday evening with your and our long-time bar manager Bernhard Stöhr and whiskey ambassador Christian H. Rosenberg. With interesting stories about the Highlands and their legendary national drink, Mr. Stöhr and Mr. Rosenberg invite you to taste the finest whiskey and a 5-course menu.

To conclude the Scottish Days worthy in the Traube Tonbach, a tasting of Haggis takes place in the hotel hall on Thursday evening. The hearty Scottish specialty should not remain the only culinary highlight of the Highlands this evening. At the Scottish buffet in our restaurant Silberberg, you have the opportunity to enjoy again - and review the past Scottish days.

If you have not booked the arrangement, you can register also for an event individually. Information about price and availability can be obtained from our reservation (Tel. +49 (0) 7442 - 622).

Advent, Advent. Waiting for St Nicholas

6 – 11 December

These days we are getting ready for Christmas. With torchlight hikes, singing christmas songs, candle magic, storytelling and excursions to the region's Christmas markets. We bake cookies according to the original recipes of our patisserie, make Christmas decorations and on December 6th, St Nicholas visits us. Furthermore we will have a big chocolate buffet and many surprises waiting for you.



Children and Teenagers

In the Kids Court, Marion Müller and her team welcome children from the age of three and young people. Excursions, sports, action, games, fun or entertainment - there are great opportunities to experience something together. At lunchtime and in the evening all kids are invited to eat in the children's restaurant. You can find the weekly program on our website: www.traube-tonbach.de or write us an email: animation@traube-tonbach.de or call us: +49 (0) 7442 / 492-622.

Football camp with Horst & Philipp Köppel

3 – 7 August

A team of trainers with heart.

An absolute highlight for our little guests is our football camp with the former national player Horst Köppel. With him the kids learn to handle the ball in a playful way. Not only technics, tactics and coordination are learned but also team spirit and fair play with your teammates and rivals. A cool week with lots of fun for all football fans.



We will play in any weather conditions - outdoors or in the sports hall. After the training session from 10 a.m. to 12 p.m. there will be sportive lunch. Please register the kids for this week in advance so that we can plan accordingly.

The cost contribution is 79 Euros (football camp, jersey + ball) plus equipment as required (sports bag, pants, socks, water bottle. Only the sports shoes (both hall and lawn) must be brought).

Our adventure playground

The Traube playground is a space for movement and full of surprises. The children can experience the old handicraft traditions of the Tonbach valley and follow the exciting path of wood. Motor skills, endurance, creativity and coordination are trained playfully. The fun begins high up where the harvested logs slide down. A color experience follows in a tunnel slide with colorful windows. At the bottom of the valley, the children come across the drainage channels and water sources. A great opportunity to play extensively with mud and water. After the fun goes on with wild rope swings.

Hiking Week Kids & Family

10 – 14 August

This week's motto is “3-generation experience day”. Grandparents, parents and children are invited to go on tour with us. There is always another highlight. For example, a ranger leads us through the wild forest or we take a river bed hike or we go with a pony over lush meadows. Let yourself be surprised what we have prepared for you this time. This special week is free of charge as part of your hotel stay.

Kids & Family Days

Throughout the year we have Kids & Family days in the program.

Dates in 2020: March 4, April 20, June 8, August 10, October 30.

Cooking like the Grown Ups

In our cooking school the kids cook a 3-course menu from organic products under the guidance of a professional. At the etiquette course in the restaurant Silberberg they learn the right rules of manners at the table. There will be also great parties, barbecues and a cool course in cocktail mixing. Of course with a lot of fun and without alcohol.

Indoor-Activities – Playing, Dreaming, Laughing

The Kids Court is a huge creative space. Equipped with a football table, bobby cars, indoor football, table tennis, trampoline, badminton, billiard and a climbing wall there are many opportunities for fun and games. There is also a varied children's program every day with activities like face painting, craft workshops or baking waffles.

Outdoor-Activities

Of course we also experience the Black Forest outside the Tonbach Traube. Various outdoor activities are waiting for you such as a climbing garden, bobsleigh, stand-up paddling, adventure golf park, karting on the lake, Segway tours, a visit to the farm and much more.



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