



TRAUBE TONBACH

best since 1789



Weekly Program

14th June – 20th July 2020

Yoga-Week with Dagmar Buhler

Welcome in the Traube Tonbach

Dear guests,

We have organized yet another day of interesting and fun activities for you to enjoy! Please contact our event team if you have any questions, would like to sign up for an activity, have special requests or want to share your comments and suggestions. Feel free to visit us personally at the event information desk in our main hotel, or dial 697.

We hope you enjoy a wonderful day.



Familie Finkbeiner

Our hygiene standards

Dear guests,

together with Doctor Jan Liese, Head of Hospital Hygiene at the University Hospital Tübingen and our long-term partner Horst Pieldner from the Hygiene Institute Pieldner in Stuttgart, we have developed a catalog of measurements which are based on the regulations of the State of BadenWürttemberg. Because of that we are able to guarantee you with the best possible protection in every area during your stay. You can find these hygiene standards on our website or in our digital guest information (SuitePad) in your room.

Monday, 14th June 2020 / Blockhütte closed.

07.30 p.m. Yoga II) with Dagmar Buhler.

This lesson only takes place when the course is fully booked at 8:45 a.m. Registration by 7 a.m. at the latest. Duration 60 minutes. Please come to the well-fit room 5 minutes in advance.

08.00 a.m. Aqua Flow.

This water workout strengthens your cardiovascular system and muscles while protecting your joints. Registration until 7.30 a.m. (max. 6 people). Duration 30 minutes. Meet in the pool-area.

08.45 a.m. Yoga with Dagmar Buhler.

The gentle introduction to yoga practice invites you to familiarize yourself with the basics of yoga, such as simple basic yoga exercises, breathing exercises and relaxation. Registration by 7 a.m. (max. 6 people). If this course is fully booked, another course will take place at 7.30 a.m. Duration 60 minutes. The meeting point is in the well-fit room.

9 - 11.30 Information / guest relation / registration.

The information is located in the reception area (phone number 697).

10.30 a.m. Summer Stock Sport with Rosi Haist.

Duration 1.5 hours. Registration by 9.30 a.m. (at least 4 people). The meeting point is on the Traube-Stockbahn.

11.00 a.m. Fitness equipment introduction with Vivien Kilgus.

We explain the individual fitness equipment and their functions. Duration 20 minutes, meeting point is in the fitness room. Registration not required.

02.00 p.m. Delicious afternoon buffett until 4.00 p.m. in the restaurant Silberberg.

Dear guests, we hope you enjoy our buffet of delicious snacks.

02.00 p.m. Herbal walk with Rosi Haist.

What can you find in the meadows and at the edge of the forest? Discover edible wild herbs and well-known medicinal herbs! Rosi Haist explains selected plants and their uses. Duration 2 hours, easily accessible paths. Registration until 11 a.m. The meeting point is at the hotel entrance.

03.00 p.m. (Yoga "Energy Flow" II).

This course only takes place if the first course is fully booked at 4pm. Duration 60 minutes. (max. 5 people). Registration by 12 noon. The meeting point is in the well-fit room.

04.15 p.m. Yoga "Energy Flow" with Dagmar Buhler.

Yoga exercises create awareness of the here and now and strengthen us with new energy. Duration 60 minutes. (max. 5 people). If this course is fully booked, a second course will follow. Registration by 12 noon. The meeting point is in the well-fit room.

Tuesday, 15th June 2020

07.30 p.m. Yoga II) with Dagmar Buhler.

This lesson only takes place when the course is fully booked at 8:45 a.m. Registration by 7 a.m. at the latest. Duration 60 minutes. Please come to the well-fit room 5 minutes in advance.

08.00 a.m. Aqua-Gym.

Resgistration until 7.30 a.m. (max. 8 people). Duration 30 minutes. Meet in the pool-area.

08.45 a.m. Yoga with Dagmar Buhler.

Registration by 7 a.m. (max. 6 people). If this course is fully booked, another course will take place at 7.30 a.m. Duration 60 minutes. Meeting point is in the well-fit room

9 - 11.30 Information / guest relation / registration.

The information is located in the reception area (phone number 697).

10.30 a.m. Guided e-bike tour with Birgit Frey.

Duration 1.5 hours. Registration by 9:30 a.m. (max. 4 people). The meeting point is at the bicycle garage.

01.30 p.m. Back Fit & Vital with Birgit Frey.

Duration 50 minutes (max. 6 people). Registration by 12 noon. The meeting point is in the well-fit room.

02.00 p.m. Delicious afternoon buffett until 4.00 p.m. in the restaurant Silberberg.

Dear guests, we hope you enjoy our buffet of delicious snacks.

03.00 p.m. (Yoga "Energy Flow" II).

This course only takes place if the first course is fully booked at 4pm. Duration 60 minutes. (max. 5 people). Registration by 12 noon. The meeting point is in the well-fit room.

04.15 p.m. Yoga "Energy Flow" with Dagmar Buhler.

Yoga exercises create awareness of the here and now and strengthen us with new energy. Duration 60 minutes. (max. 5 people). If this course is fully booked, a second course will follow. Registration by 12 noon. The meeting point is in the well-fit room.

07.00 p.m. Longing for the Far East - Asian delicacies in the temporaire.

Look forward to a fantastic evening in our temporaire with exotic specialties. Our chef at the Köhlerstube Florian Stolte conjures up a delicious menu for you in the abundance of Asian flavors. Registration until Monday 2 p.m. (direct table reservation 665). Fee for the menu 84.- p. P. (including aperitif). Half-board will be credited to you for this evening.

09.00 p.m. Live Music.

Jo Join us in the hotel hall for the perfect end to another lovely day with great live music by "Tim Kandel".

Wednesday, 16th July 2020

07.30 p.m. Yoga II) with Dagmar Buhler.

This lesson only takes place when the course is fully booked at 8:45 a.m.
Registration by 7 a.m. at the latest. Duration 60 minutes. Please come to the well-fit room 5 minutes in advance.

08.00 a.m. Aqua-Gym.

A holistic movement training in the water strengthens the cardiovascular system and the muscles, the joints are spared. Registration until 7.30 a.m. (max. 8 people).
Duration 30 minutes. Meet in the pool-area.

08.45 a.m. Yoga with Dagmar Buhler.

Registration by 7 a.m. (max. 6 people). If this course is fully booked, another course will take place at 7.30 a.m. Duration 60 minutes. Meeting point is in the well-fit room

9 - 11.30 Information / guest relation / registration.

The information is located in the reception area (phone number 697).
We are happy to take your registrations, reserve the right bike for you or advise you on the many leisure options in our region.

10.30 a.m. Summer curling with Vivien Kilgus.

In stick shooting, it is important to use skill, feeling and the necessary strength to move the approx. 5 kilogram stick from the playing area to the target area approx. 15 m away. Duration 1.5 hours. Registration by 9.30 a.m. (at least 4 people). The meeting point is on the Traube-Stockbahn.

10.30 a.m. Hike with Rosi Haist.

Today we hike from the hotel towards the Kohlwegränk and further around the Rinkenbergr. Total length 9 km, medium level, planned return 2 p.m. Registration until 9.30 a.m. Meeting point is at the hotel entrance.

02.00 p.m. Delicious afternoon buffett until 4.00 p.m. in the restaurant Silberberg.

Dear guests, we hope you enjoy our buffet of delicious snacks. There's something for everyone – including savoury bites from our talented kitchen team at Silberberg restaurant and sweet temptations from our in-house patisserie.

03.00 p.m. (Yoga "Energy Flow" II).

This course only takes place if the first course is fully booked at 4pm. Duration 60 minutes. (max. 5 people). Registration by 12 noon. The meeting point is in the well-fit room.

04.15 p.m. Yoga "Energy Flow" with Dagmar Buhler.

Yoga exercises create awareness of the here and now and strengthen us with new energy. Duration 60 minutes. (max. 5 people). If this course is fully booked, a second course will follow. Registration by 12 noon. The meeting point is in the well-fit room.

Thursday, 17th July 2020

07.30 p.m. Yoga II) with Dagmar Buhler.

This lesson only takes place when the course is fully booked at 8:45 a.m.
Registration by 7 a.m. at the latest. Duration 60 minutes. Please come to the well-fit room 5 minutes in advance.

08.00 a.m. Aqua-Gym.

This water workout strengthens your cardiovascular system and muscles while protecting your joints. Registration until 7.30 a.m. (max. 8 people). Duration 30 minutes. Meet in the pool-area.

08.45 a.m. Yoga with Dagmar Buhler.

The gentle introduction to yoga practice invites you to familiarize yourself with the basics of yoga. Registration by 7 a.m. (max. 6 people). If this course is fully booked, another course will take place at 7.30 a.m. Duration 60 minutes. The meeting point is the well-fit room.

9 - 11.30 Information / guest relation / registration.

The information is located in the reception area (phone number 697).
We are happy to take your registrations, reserve the right bike for you or advise you on the many leisure options in our region.

02.00 p.m. Delicious afternoon buffett until 4.00 p.m. in the restaurant Silberberg.

Dear guests, we hope you enjoy our buffet of delicious snacks.

03.00 p.m. Guided e-bike tour with Birgit Frey.

With our e-bikes, cycling becomes easy driving pleasure. Bicycle helmets are available free of charge. Duration 1.5 hours. Registration by 9:30 a.m. (max. 4 people). The meeting point is at the bicycle garage.

03.00 p.m. (Yoga "Energy Flow" II).

This course only takes place if the first course is fully booked at 4pm. Duration 60 minutes. (max. 5 people). Registration by 12 noon. The meeting point is in the well-fit room.

04.15 p.m. Yoga "Energy Flow" with Dagmar Buhler.

Yoga exercises create awareness of the here and now and strengthen us with new energy. Duration 60 minutes. (max. 5 people). If this course is fully booked, a second course will follow. Registration by 12 noon. The meeting point is in the well-fit room

06.30 p.m. Traditional Aperitif in the hotel hall.

Dear guests, the hotel management and department heads would like to welcome you to our traditional aperitif.

09.00 p.m. Live Music.

Join us in the hotel hall for the perfect end to another lovely day with great live music by "Mike West".

Friday, 18th July 2020

07.30 p.m. Yoga II) with Dagmar Buhler.

This lesson only takes place when the course is fully booked at 8:45 a.m.
Registration by 7 a.m. at the latest. Duration 60 minutes. Please come to the well-fit room 5 minutes in advance.

08.00 a.m. 08.00 Aqua-Gym / in the warm water pool.

Registration until 7.30 a.m. Max. 6 people in the water! Duration 30 minutes.
The meeting point is in the pool area.

08.45 a.m. Yoga with Dagmar Buhler.

Registration by 7 a.m. (max. 6 people). If this course is fully booked, another course will take place at 7.30 a.m. Duration 60 minutes. Meet in the well-fit room.

9 - 11.30 Information / guest relation / registration.

The information is located in the reception area (phone number 697).
We are happy to take your registrations.

10.30 a.m. Hike with Rosi Haist.

From the hotel we hike towards the game reserve. From here it goes on a narrow wooden path up to the Überzwercherberg, on to the Huzenbacher Seeblick. We hike back over the Kleemiss, on to the Vorderen Plon and the Zinkenhütte. From the upper Eichberg the path leads down to the forest climb and finally back to the hotel. Length 13.5 km demanding level, return 4.30 p.m. registration until 9.30 a.m. (at least 3 people). Meeting point is at the hotel entrance.

11.00 a.m. Fitness equipment introduction with Iris Mahler.

We explain the individual fitness equipment and their functions. Duration 20 minutes, meeting point is in the fitness room. Registration not required.

12.00 p.m. Yoga "Energy Flow" with Dagmar Buhler.

Duration 60 minutes. (max. 5 people). If this course is fully booked, a second course will follow. Registration by 12 noon. The meeting point is in the well-fit room.

02.00 p.m. Delicious afternoon buffett until 4.00 p.m. in the restaurant Silberberg.

Dear guests, we hope you enjoy our buffet of delicious snacks.

03.30 p.m. Belly / legs/ buttocks with Iris Mahler.

Duration 50 minutes. (max. 6 people). Registration until 12 o'clock. The meeting point is in the well-fit room.

04.45 p.m. Stretch & Relax with Iris Mahler.

Duration 40 minutes. (max. 6 people). Registration until 12 o'clock. The meeting point is in the well-fit room.

09.00 p.m. Live Music.

Join us in the hotel hall for the perfect end to another lovely day with great live music by „Mister Lemenu“.

Samstag, 19th July 2020

08.00 a.m. Aqua-Gym.

The heart and circulatory system are stressed more by water pressure and water resistance term. Registration until 7.30 a.m. Max. 8 people in the water! Duration 30 minutes. The meeting point is in the pool area.

9 - 11.30 Information / guest relation / registration.

The information is located in the reception area (phone number 697). We are happy to take your registrations.

10.30 a.m. Hike with Gerhard Fahrner.

It goes directly from the hotel over the Härlisberg, past the Protestant church to the Oberen Sonnenhalde. From now on it goes uphill on a narrow wooden path to the White Stone and on to the highest point of the hike - the Priorstein. From there it goes on a beautiful forest path to the chat room. Length 7.5 km, intermediate level, return 2.30 p.m. Registration until 9.30 a.m. Meeting point is at the hotel entrance.

11.00 a.m. Fitness equipment introduction with Iris Mahler.

We explain the individual fitness equipment and their functions. Duration 20 minutes, meeting point is in the fitness room. Registration not required.

13 – 17.00 Fresh waffles

New on our log cabin menu - enjoy different variations of freshly baked waffles - simply delicious.

02.00 p.m. Delicious afternoon buffett until 4.00 p.m. in the restaurant Silberberg.

Dear guests, we hope you enjoy our buffet of delicious snacks.

02.30 p.m. Back & stretching with Iris Mahler.

The program consists of gentle back exercises and stretches that help to relieve tension and strengthen the muscles (shoulders, torso). Duration 50 minutes (max. 4 people). Registration by 12 noon. The meeting point is in the well-fit room.

03.45 p.m. bodyART pure / full body training functional for him and her.

Feel the synergy from the areas of Pilates functional training and mental relaxation. It is trained in different levels so that everyone is challenged according to their level. Duration 60 minutes. Registration by 12 p.m. (max. 4 people). The meeting point is in the well-fit room.

04.00 p.m. Wine tasting with Chef Sommelier Stéphane Gass.

Look forward to a very special kind of wine tour. Registration by 10 a.m. Cost contribution 20.- p. P. Meeting point is in the vinotheque in our shop passage.

09.00 p.m. Live Music.

Join us in the hotel hall for the perfect end to another lovely day with great live music by „Mister Schröder“.

Sonntag, 20th July 2020

9 - 11.30 Information / guest relation / registration.

The information is located in the reception area (phone number 697). From 9 a.m. to 11.30 a.m. We are there for you personally from 9 a.m. to 11.30 a.m. We are happy to take your registrations, reserve the right bike for you or advise you on the many leisure options in our region. Outside of these times, our reception staff are there for you.

10.15 a.m. Evangelic workschip.

In the Johanneskirche in Tonbach. If you follow the main road from the hotel towards Baiersbronn, you will reach the church on foot in about 15 minutes.

12 - 04.00 Grill special at the log cabin.

The sun is shining - summer and barbecuing simply belong together. In the summer, there are two special dishes freshly prepared on the log cabin every Sunday and public holiday from 12 noon to 4 p.m. In addition a light summer wine or a freshly tapped beer - simply wonderful (only takes place in dry weather).

02.00 p.m. Delicious afternoon buffett until 4.00 p.m. in the restaurant Silberberg.

Dear guests, we hope you enjoy our buffet of delicious snacks. There's something for everyone – including savoury bites from our talented kitchen team at Silberberg restaurant and sweet temptations from our in-house patisserie. We look forward to seeing you there..

18.30 p.m. Get-Together-Aperitif.

Dear guests, our get-together aperitif is one of our long-standing traditions, and we invite you to join us. This is a great opportunity to find out about the events and activities we have planned for the week.

Temporaire - a temporary home.

See you again in the Schwarzwaldstube and Köhlerstube.

Good news for connoisseurs: our Schwarzwaldstube and Köhlerstube are back.

First in a temporary home - in the temporaire, just a few meters from a familiar place.

Here we have created a place for Torsten Michel and Florian Stolte with teams with the ambience of the temporary - "temporaire".

We look forward to your visit and are happy to take your booking.

If you have any questions, reservations or other concerns, please contact info@traubetonbach.de or reservations@traube-tonbach.de as usual.

Information

Personal training

Birgit Frey will work with you to develop your own personal fitness programme. It is also possible to book guided Nordic walking and cycling tours.

Fitness equipment room.

The fitness equipment room can be booked per room (per family) for one hour a day. You are welcome to arrange another room so that max. 2 rooms, max. 4 people can train at the same time. Please note the rules of conduct in the fitness equipment room. 1.5 meters away, no intensive endurance training, placing a towel under it, disinfecting the equipment. The room is ventilated and disinfected between each booking. We are happy to take your reservation at the information desk. **Occupancy times:** 7-8h, 8.30-9.30h, 10-11h, 11.30-12.30h, 13-14h, 14.30-15.30, 16-17h, 17.30-18.30h, 19-20h.

Bicycle rental / bicycle issue.

There are 4 MTB e-bikes, 6 e-bikes and a large selection of trekking and mountain bikes available for rental. Rental times are from 10am to 1.30pm and from 2pm to 6pm. For a smooth process, we ask you to reserve a bike in advance at the information or reception. You will receive a ticket that you can use to collect your bike from the bike garage. Pick-up times are from 9.45am to 10.30am and from 2pm to 2.30pm. We ask you to keep these times. Outside of these times, there may be waiting times for bike delivery. The bicycles and helmets are disinfected when they are issued and returned.

Traube Kids' Court Kids' Court

We ask for your understanding that our usual childcare with weekly children's program may not take place until further notice. Of course, our indoor and outdoor playground can be used under the supervision of parents or a caregiver and in compliance with the applicable hygiene and clearance rules. An employee will be on site and will accordingly be available as a contact person.

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 a.m. – 7.00 p.m.

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

Saunen	Tuesday to Sunday Monday	10.00 a.m. to 08.00 p.m., 02.00 a.m. to 08.00 p.m.
Spa & Resort	Every day	09.00 a.m. to 07.00 p.m.
Hair-Spa		closed
Vinothek	Wednesday to Friday Samstag to Sunday Monday to Tuesday	02.00 a.m. to 04.00 p.m. 11.00 a.m. to 01.00 p.m. 11.closd
Traube Lädle	Monday to Thursday Friday to Saturday Sunday	08.00 a.m. to 01.00 p.m. 08.00 p.m. to 05.00 p.m. 10.00 a.m. to 02.00 p.m.
Schmuck und Juwelen	Thursday to Saturday Sunday	10.00 a.m. to 06.00 p.m., 10.00 a.m. to 02.00 p.m.
Mode „La Doina“	Every day	10.00 a.m. to 06.00 p.m.
Blockhütte	Thursday to Sunday Monday to Wednesday	12.00 noon to 06.00 p.m. closed
Restaurants:		
Silberberg:	Daily	7.00 p.m. to 10.00 p.m.
Temporaire:		
Köhlerstube:	Daily	Open from 7 p.m.
Schwarzwaldstube:	Wednesday to Sunday Mondays to Tuesdays	Open from 7 p.m. closed

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