



TRAUBE TONBACH

best since 1789



Weekly Program

26th October – 1st November 2020

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, 26th October 2020 / Blockhütte closed

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.

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. Outside of these times, our reception staff are there for you.

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. There's something for everyone – including savoury bites from our talented kitchen team at Silberberg restaurant and sweet temptations from our in-house patisserie.

02.00 p.m. Walk with Rosi Haist.

Our nature lover will take you on a leisurely stroll in the Tonbachtal today. Duration 2 hours. Registration until 11 a.m. The meeting point is at the hotel entrance.

03.30 p.m. XCO-Training with Birgit Frey.

The dynamic back and forth movement of the XCOs intensifies arm work and optimally trains deep-lying muscle and connective tissue without overloading the joint structures (full-body training, strengthening). Duration 50 minutes.
Registration by 12 noon (max. 6 people). Meeting point is in the well-fit room.

04.45 p.m. Pilates with Birgit Frey.

Pilates is a unique training method developed in 1883 by Joseph Hubert Pilates. This holistic approach to physical training targets the deep and tiny muscle groups that are often weaker than the rest of the body, but are essential to correct and healthy posture. This workout includes strength exercises and stretching in combination with specific breathing techniques. Duration 60 minutes. (max. 6 people). Registration by 12 noon. The meeting point is in the well-fit room.

Tuesday, 27th October 2020

08.00 a.m. Aqua-Gym.

Working against the water resistance strengthens the muscles and at the same time has a pleasant massage effect. Registration until 7.30 a.m. (max. 8 people). Duration 30 minutes. Meet 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. Outside of these times, our reception staff are there for you.

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

With a guided bike tour, you can just enjoy the area without worrying about whether you are on the right track. With our e — bikes, cycling becomes easy driving pleasure. Bicycle helmets are available for hire free of charge. Duration 1.5 hours. Registration by 9.30 a.m. (max. 4 people). The meeting point is at the bicycle garage.

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.

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

Special stretching, strengthening and coordination exercises noticeably improve the mobilization and stabilization of the spine. Duration 50 minutes (max. 6 people). If this course is fully booked, another course will follow immediately. Registration by 12 noon. The meeting point is in the well-fit room.

04.45 p.m. Stretch & Relax with Birgit Frey.

Incorporating stretching into your regular fitness routine provides a number of additional benefits that can help improve your overall physical and mental well-being Duration 50 minutes, registration by 12.00 p.m. (max. 6 people).

06.45 p.m. Cozy fondue evening in the log cabin.

We'll meet at 6.45 p.m. at the Traube-Court entrance for a torch-lit walk to the log cabin or use our transfer at 6.50 p.m. The meeting point is at the main entrance. Minimum number of participants 12 people. Registration by 12 noon via the Silberberg restaurant management.

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 "Mr. Schön".

Wednesday, 28th October 2020

08.00 a.m. Aqua-Gym.

This water workout gets your entire body moving. It 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. Gentle morning exercises with Vivien Kilgus.

Stretching, stretching, strengthening - gentle gymnastics in the morning is just the thing to keep yourself in shape gently. Duration 30 minutes. registration until 7.30 a.m. (max. 4 people). 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).

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. Guided Hike with Rosi Haist.

Today we hike from the hotel towards Schlittwehle and on to the Rinckenberg. The tour leads along beautiful forest paths to the Mitteltal. We continue on the edge of the forest to Baiersbronn and finally back to the Tonbach valley.. Total length 11 km, medium level, planned 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 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.

03.30 p.m. Togu brasil with Birgit Frey.

Shaping your figure, your back, the deep muscles, your whole body and doing something good for your soul, without working yourself too hard. Duration 50 minutes (max. 6 people). Registration by 12 noon. The meeting point is in the well-fit room.

04.45 p.m. Stretch & Relax with Birgit Frey.

Incorporating stretching into your regular fitness routine provides a number of additional benefits that can help improve your overall physical and mental well-being Duration 50 minutes. Registration by 12 noon (max. 6 people). The meeting point is in the well-fit room.

Thursday, 29th October 2020

08.00 a.m. Aqua-Gym.

This water workout gets your entire body moving. It strengthens your cardiovascular system and muscles while protecting your joints. Registration until 7.30 a.m. Max. 8 people in the water! Duration 30 minutes. The meeting point is in the pool area.

08.45 a.m. BodyART gently practiced / yoga inspired with Iris Mahler.

bodyART in its gentle form is slightly activating, soothing, relaxing, it strengthens your own consciousness and increases the energy in everyday life. Duration 30 minutes. Registration by 7.30 a.m. (max. 6 people). The meeting point is in the well-fit room.

08.45 a.m. Sweet treats / visit to the candy factory in Baiersbronn.

We visit Bettina Buchthal's candy factory in Baiersbronn. Duration 1 hour. Registration by Wednesday 12 noon (at least 6 people, costs € 8 per person). The meeting point is at the hotel entrance. Due to the current situation, we drive ahead for you, you drive behind with your own car.

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.

10.00 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.

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. Abs / legs/ glutes with Iris Mahler.

After an intensive warm-up phase, there is a persistent strengthening training that boosts fat burning. Isolation exercises while lying on the mat complete the dynamic training. Duration 50 minutes. (max. 6 people). registration until 12 noon. The meeting point is in the well-fit room.

06.00 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, 30th October 2020

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

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. 6 people in the water! Duration 30 minutes. The meeting point is in the pool area.

08.45 a.m. BodyART gently practiced / yoga inspired with Iris Mahler.

bodyART in its gentle form is slightly activating, soothing, relaxing, it strengthens your own consciousness and increases the energy in everyday life. Duration 30 minutes. Registration by 7.30 a.m. (max. 6 people). 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).

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. Guided Hike with Rosi Haist.

Enjoy the diversity of nature, wild, romantic trails and captivating valleys, calm moors and legendary lakes. Enjoy the glorious nature area of the northern Black Forest on today 9 km hike. Planned return at 2.30 p.m. Please sign up in front of our reception until 9.30 a.m. Meeting point is at the main 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.

11.00 a.m. Horse drawn carriage ride.

The cost of 17.- p. P. are to be paid directly to the driver (at least 4 people). Registration until Thursday 4 p.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.

04.00 p.m. bodyART energy / yoga inspired with Iris Mahler.

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 70 minutes. Registration by 12 p.m. (max. 4 people). 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 „Mr. Lemenu“.

Saturday, 31st October 2020 / Halloween

08.00 a.m. Aqua-Gym.

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, Outside of these times, our reception staff are there for you.

10.30 a.m. Hike with Gerhard Fahrner.

Enjoy the diversity of nature, wild, romantic trails and captivating valleys, calm moors and legendary lakes. Enjoy the glorious nature area of the northern Black Forest on today 8 km hike., intermediate level, return 2.00 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.

01 – 05.00 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 relieve tension and strengthen the muscles (shoulders, torso). Duration 50 minutes (max. 6 people). Registration by 12 noon. The meeting point is in the well-fit room.

03.45 p.m. bodyART training/ energy intensiv 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. 6 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 „Mr. Cranen“.

Sunday, 1st November 2020

09 - 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. 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.

09.30 a.m. Catholic service in Baiersbronn.

The service takes place in the St. Maria Queen of the Apostles Baiersbronn, Pappelweg 15. The approach is self-directed.

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.

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..

06.00 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.

Parent house rebuild.

At the moment we are working for you to have our new parent company built again in the old place. Full of zest for action and with the utmost respect - and yet work can be detrimental. We thank you very much for your understanding.

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.

The Kid's Court is a huge, modern playroom with a mini-cinema, climbing wall, trampoline, table tennis and much more for guests ages 3 and up. Kids' Court is open Sunday to Thursday from 10.00 a.m. to 6.30 p.m., and until 10.00 p.m. on Fridays, Saturdays and during holidays. Our fun and dedicated staff is looking forward to your visit.

Main entrances.

The main entrances to the main hotel and Haus Kohlwald are locked at night for security reasons. You can use your room key to open these doors at any time – simply open the glass door on the left side.

Saunas.

Our SPA lounge in our Haus Kohlwald has a panoramic sauna (clothing required) and the SPA in our main hotel has a clothing optional sauna.

Spa & Resort.

Our SPA & RESORT is located in our shopping arcade. You can book appointments with our aestheticians by dialling 607. Business hours: every day from 8.00 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 Saturday Sunday	08.00 a.m. to 12.00 p.m. 01.00 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	Tuesday to Sunday Monday	12.00 noon to 06.00 p.m. closed
Restaurants:		
Silberberg:	Daily	6.30 p.m. to 10.00 p.m.
Temporaire:		
Köhlerstube:	Daily	Open from 6.30 p.m.
Schwarzwaldstube:	Wednesday to Sunday Mondays to Tuesdays	Open from 6.30 p.m. closed

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