



TRAUBE TONBACH

best since 1789



Weekly Program

15th April – 21st April 2024

Yoga Week with Sabine Broghammer

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 Ruhstein.

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 centre 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, 15th April 2024 / Blockhütte is closed.

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

Water aerobics trains the entire musculoskeletal system. You relieve your joints and at the same time strengthen all the important muscles. Registration until 7.30 a.m. Duration 30 minutes. Meeting point is in the pool area.

08.45 am Yoga with Sabine Broghammer.

Yoga is much more than just bending. Asana - your body posture that makes you powerful, still and clear. Combined with your conscious breathing - deep, still and subtle - we experience a completely new body awareness. Duration 85 minutes. Registration by 8 am. 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 or reserve the right bike for you.

11.00 am Stammhaus House tour with Danielle Wember.

On April 8th we opened our Stammhaus after it was under construction for 21 months. Today, we will guide you on an informative tour through the new building. We can even have a look behind the scenes. Duration 50 minutes. Registration until 10 am. Max 15 people. Meeting point is the entrance of the Stammhaus.

01.30 pm Delicious afternoon" buffet from 1.30. to 3.00 pm

Dear guests, we hope you enjoy our buffet of delicious snacks including savory bits from our talented kitchen team at Silberberg restaurant.

02.00 pm Short herb hike with Rosi Haist.

A herb walk is a great way to enjoy nature, learn more about the different plants and herbs in the area and perhaps even find new culinary inspiration. The circular trail starts at the cathedral church in Klosterreichenbach, leads to the idyllic Märtesweiher pond and back. Length 5.5 km, easy forest path, easy level. Return 4 pm. Registration by 9 am. Meeting point is at the hotel entrance.

03.30 pm Yoga mit Sabine Broghammer.

Yoga Nidra, enter into silence. Yoga Nidra is one of the most intensive methods of deep relaxation. It calms the mind, lightens the emotions and brings clarity to life. Yoga Nidra is performed lying down, please wear comfortable, warm clothing. Duration 90 minutes. Registration by 12 noon. Meeting point is in the Well-Fit room

Excursion destinations.

We have summarized interesting excursion destinations for you in an informative brochure. You will find these at the Guest Relation Desk in the reception area. We will be happy to advise you personally.

Tuesday, 16th April 2024 / Blockhütte is closed.

- 08.00 am** **Aqua gym in the sports pool / please register (max. 10 people).**
This class is perfect for people who are not able to perform certain movements on land anymore. Registration until 7.30 am. Duration 30 minutes. Meeting point is in the pool.
- 08.45 am** **Yoga with Sabine Broghammer.**
Gentle Kundalini Detox Yoga. This form of yoga is invigorating and cleansing. The organs are supplied with new energy and the heart is freed. This class mainly takes place in a seated position. Duration 85 minutes. Registration by 8 am. Meeting point is in the Well-Fit room.
- 9.30 am** **The information is available in the reception area until 11.30 am.**
From 9 - 11.30 am we are personally there for you. Don't hesitate to book your reservation and fares or ask for advice about the many opportunities in our region. We are happy to accept your registrations and sign you up for our sports program or reserve the right bike for you.
- 11.30 am** **Guided e-bike tour with Rosi Haist.**
It's finally spring! Enjoy a beautiful e-bike tour with great views through our region. You should have basic biking skills. Registration until 9 am. Duration 1.5 hours. Meeting point is at the bike garage.
- 11.45 am** **Core Training with Danielle Wember.**
In this class we focus on shaping and strengthening the core muscles. Meaning we will perform exercises that target your abdominal, lower back and your pelvis muscles. A strong core is essential for everyday activities and will make your movements more efficiently. Registration until 11 am. Duration 40 minutes. Meeting point is in the Well-Fit room.
- 01.30 pm** **Delicious afternoon" buffet from 1.30. to 3.00 pm**
Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant.
- 01.30 pm** **Transfer to Freudenstadt / pick-up 4.30 pm.**
No other place in Germany has such a large marketplace. With its approximately 200 by 200 meters, it forms the center of the city. It is a popular destination for those who want to shop and stop, relax and enjoy the atmosphere. The arcades that frame the entire square provide a special atmosphere. Registration until 9 am (max. 7 pers.). Meeting point is at the hotel entrance.
- 03.30 pm** **Yoga mit Sabine Broghammer.**
Yoga Nidra, enter into silence. Yoga Nidra is one of the most intensive methods of deep relaxation. It calms the mind, lightens the emotions and brings clarity to life. Yoga Nidra is performed lying down, please wear comfortable, warm clothing. Duration 90 minutes. Registration by 12 noon. Meeting point is in the Well-Fit-room

Wednesday, 17th April 2024 / Blockhütte is open.

08.45 am Yoga with Sabine Broghammer.

Yoga is much more than just bending. Asana - your body posture that makes you powerful, still and clear. Combined with your conscious breathing - deep, still and subtle - we experience a completely new body awareness. Duration 85 minutes. Registration by 8 am. 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 in our region. We are happy to accept your registrations and sign you up for our sports program or reserve the right bike for you.

10.30 am Hike with Rosi Haist / Schwarzwaldhochstraße.

We take our hotel bus to Ruhestein. The Northern Black Forest National Park, the only national park in Baden-Württemberg, has been in existence since January 1, 2014. Look forward to a wonderful hike at an altitude of 1000 meters. Here we have magnificent views, refreshing air and diverse nature. There are cirques, ridges, mills and moors to explore. Length 8 km. Registration by 9 am. Return at 2.30 pm. Meeting point is at the hotel entrance.

11.45 am Outdoor Workout with Danielle Wember.

This workout in the fresh air gets your circulation going and provides you with plenty of energy for the day ahead. We go into the forest and start with a short warm-up. Afterwards, the focus is on coordination and strengthening exercises. Duration 45 minutes. Registration by 11 am. Meeting point is at reception.

01.30 pm Delicious afternoon" buffet from 1.30. to 3.00 pm

Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant. We wish you a bon appetit and a pleasant afternoon.

03.00 pm Stick shooting with Rosi Haist.

Like bocce, the aim of stick shooting is to push the stick as close as possible to the stave. The game is played in small teams - a lot of fun for all participants. Registration until 9 am. (min. 3, max. 8 persons). Meeting point at the Traube Stockbahn on the roof of the Traube Court.

03.30 pm Yoga mit Sabine Broghammer.

Yoga Nidra, enter into silence. Yoga Nidra is one of the most intensive methods of deep relaxation. It calms the mind, lightens the emotions and brings clarity to life. Yoga Nidra is performed lying down, please wear comfortable, warm clothing. Duration 90 minutes. Registration by 12 noon. Meeting point is in the Well-Fit room.

Thursday, 18th April 2024 / Blockhütte is open.

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

Training in the water strengthens our cardiovascular system and helps to increase strength and endurance. You can strengthen all the important muscles to keep your torso and spine stable. Duration 30 minutes. Meeting point is in the pool area.

08.45 am Yoga with Sabine Broghammer.

Gentle Kundalini Detox Yoga. This form of yoga is invigorating and cleansing. The organs are supplied with new energy and the heart is freed. This class mainly takes place in a seated position. Duration 85 minutes. Registration by 8 am. Meeting point is in the Well-Fit room.

09.30 am The information is available in the reception area until 11.30 am

Don't hesitate to book your reservation and fares or ask for advice about the many leisure opportunities in our region. We are happy to accept your registrations and sign you up for our sports program or reserve the right bike for you.

11.00 am Excursion to Baden-Baden.

International designer labels, precious jewels, trendy accessories, exquisite antiques, hip galleries, fine wines and sweet temptations in our traditional cafés and chocolateries. Not forgetting the Frieder Burda Museum with its current exhibition. Fee 25,- p. P. Registration by 9 am. Return approx. 4 pm (min. 3, max. 7 persons). Meeting point is at the entrance to the main building.

11.45 am Core Training with Danielle Wember.

In this class we focus on shaping and strengthening the core muscles. Meaning we will perform exercises that target your abdominal, lower back and your pelvis muscles. A strong core is essential for everyday activities and will make your movements more efficiently. Registration until 11 am. Duration 40 minutes. Meeting point is in the Well-Fit room.

01.30 pm Delicious afternoon" buffet from 1.30. to 3.00 pm

Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant.

03.30 pm Yoga mit Sabine Broghammer.

Yoga Nidra, enter into silence. Yoga Nidra is one of the most intensive methods of deep relaxation. It calms the mind, lightens the emotions and brings clarity to life. Yoga Nidra is performed lying down, please wear comfortable, warm clothing. Duration 90 minutes. Registration by 12 noon. Meeting point is in the Well-Fit room.

06.00 pm Traditional Aperitif in our hotel hall.

The management as well as department heads and employees greet you in the hotel bar to talk about our hotel. We look forward to seeing you there.

Friday, 19th April 2024 / Blockhütte is open.

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

This class is perfect for people who are not able to perform certain movements on land anymore. You relieve your joints and at the same time strengthen all the important muscles to keep your torso and spine stable. Registration by 7:30 am. Duration 30 minutes. Meeting point is the pool area.

08.45 am Yoga with Sabine Broghammer.

Yoga is much more than just bending. Asana - your body posture that makes you powerful, still and clear. Combined with your conscious breathing - deep, still and subtle - we experience a completely new body awareness. Duration 85 minutes. Registration by 8 am. 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. We are happy to accept your registrations and sign you up for our sports program or reserve the right bike for you

10.30 am Hike with Rosi Haist.

Today we take our hotel bus to Ödenwald. We follow natural paths along the forest nature trail to Kinzigursprung and the lake of the same name. From here, we walk through the magical land, where we may be lucky enough to see a jay. We continue via the Sandwiese back to Ödenwald, length 8 km, easy level, planned return at 2.30 pm. Meeting point is at the hotel entrance.

01.30 pm Delicious afternoon" buffet from 1.30. to 3.00 pm

Dear guests, we hope you enjoy our buffet of delicious snacks including savory bites from our talented kitchen team at Silberberg restaurant.

02.00 pm Fatburner Circle with Danielle Wember.

Muscle building, fitness training and fat loss - the intensive training sessions with lots of repetitions offer a holistic workout that stimulates the metabolism and is guaranteed to make you sweat. Duration 50 minutes. Registration until 12 noon. Meeting point is in the Well-Fit room.

03.00 pm Back Fit & Vital with Danielle Wember.

Besides, functional exercises will enhance coordination and an upright posture. Duration 50 minutes. Registration by noon. Meeting point is the Well-Fit-Room.

03.00 pm Stick shooting with Rosi Haist.

Like bocce, the aim of stick shooting is to push the stick as close as possible to the stave. The game is played in small teams - a lot of fun for all participants. Registration until 9 am. (min. 3, max. 8 persons). Meeting point at the Traube Stockbahn on the roof of the Traube Court.

09.00 pm Live Music in the hotel hall.

Tonight, Luc Lemenu will guide you through the evening.

Saturday, 20th April 2024 / Blockhütte is open.

- 8.00 am** **Aqua gym in the sports pool / please register (max. 8 people).**
You can strengthen all the important muscles to keep your torso and spine stable. Registration by 7:30 am at the latest. Duration 30 minutes. Meeting point is 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. We are happy to accept your registrations and sign you up for our sports program or reserve the right bike for you
- 10.30 am** **Guided hike with Gerhard Fahrner.**
Today we drive with our hotel bus to Schwarzenberg. From there we hike along the Murg river. After a small climb we reach the Mäder shelter. Here we enjoy the magnificent view a tasting beer from the wine fountain. We continue to the Panoramstüble. Well strengthened, we hike back to the starting point. Length 8,5 km, medium level, return 2.30 pm. Registration until 9 am (max.7 persons). Meeting point is at the hotel entrance.
- 11.45 am** **Core Training with Danielle Wember.**
During this class we will focus on strengthening your abdominal, pelvis and lower back muscles. With strong core muscles you can perform movements more efficiently which will help you during everyday chores. Duration 30 minutes. Registration until 11 am. Meeting point is the Well-Fit-Room.
- 01.30 pm** **Delicious afternoon” buffet from 1.30. to 3.00 pm**
Dear guests, we hope you enjoy our buffet of delicious snacks.
- 02.00 pm** **Tabata with Danielle Wember / Basic fitness necessary.**
Tabata is a form of interval training that alternates short, high-intensity intervals of movements with short rests in between. It is high intensity interval training and a combination of strength and cardio training. Duration 50 minutes. Register by noon. Meet in the Well Fit room.
- 03.00 pm** **Stretch & Relax.**
Stretching includes targeted stretching of muscles, stretching of joints as well as the spine. Stretching affects ligaments, tendons, connective tissue and muscle fibers. Duration 40 minutes. Register by noon. Meet in the Well Fit room.
- 04.00 pm** **Wine tasting with Stephane Gass.**
A wine trip of a special kind. You can expect an excellent selection of personally selected wines that convince with quality and still offer new discoveries even for wine connoisseurs. Register by 12 p.m. Contribution to costs 25.- p. P. The meeting point is in the vinotheque in our shopping mall.
- 09.00 pm** **Live Music in the hotel hall.**
Tonight, Ralph Lohaus will guide you through the evening.

Sunday, 21st April 2024 / Blockhütte is open.

- 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.
- 01.30 pm** **Delicious afternoon” buffet from 1.30. to 3.00 pm**
Dear guests, we hope you enjoy our buffet of delicious snacks including savory 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 pm** **Get-together aperitif in the hotel lobby.**
We warmly welcome you to a cozy get-together and present the program for the coming week to you.

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 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 am to 9.00 pm, and until 10.00 pm 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 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 Silberberg restaurant.

7.30 am – 11.30 a.m

Enjoyable afternoon in the Silberberg restaurant from 1.30 pm to 3 pm

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

Dinner at the Silberberg restaurant.

We serve the menu in the evening from 06.30 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.

1789

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

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 12.30 pm – 8.30 pm, Sunday 12.30 pm – 5.30 pm, closed on Mondays.

Opening hours

Saunas	Tuesday to Sunday Monday	12.00 pm to 08.00 pm 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 Thursday to Saturday Sunday	closed 02.00 pm to 04.00 pm 11.00 am to 01.00 pm
Traube Lädle	Monday to Saturday Sunday / Holidays	10.00 am to noon 01.00 pm to 05.00 pm 10.00 am to 02.00 pm
Schmuck und Juwelen	Friday and Saturday Sunday Monday to Thursday	10.00 am to 18.00 pm, 10.00 am to 02.00 pm closed
Fashion „La Doina“	Wednesday to Saturday Sunday to Tuesday	11.00 am to 6.00 pm, closed
Blockhütte	Mon and Tue Wed to Sun	closed noon to 6 pm

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