

NEWSREEL



Our „HARMONY'S-ACTIVE-WEEKLY PROGRAMME“ for our guests
from 05th – 11th July 2009



Oh, sole mio ...

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Your vacation days ...
... at the



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wellharmony for your body, your mind
& your soul

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What's going on in Bad Kleinkirchheim?

If you talk to a man
in a language he understands,
that goes to his head.
If you talk to him in his language,
that goes to his heart.

Nelson Mandela

HARMONY'S activities

SUNDAY – 05th July



On Sunday, around **10:30 am** we celebrate the "holy mass" at church St. Ulrich. After the church: "Tusch Blass'n" (greeting of the guests of honour). Afterwards we walk to the frontyard of the local authority where a concert (from the local marching band) takes place. Food & drinks are provided as well! Traditional dancing music will be presented from "Günther & Werner", they guarantee dance mood all day long. For the little ones a bouncing castle invites to play & fun. Our responsible associations look forward to your visit & also the Harmony's!

Note: We welcome all our guests to traditional specialities at the **hotel Prägant** between **12:00 am and 04:00 pm**. Come and try out & celebrate this special day!

MONDAY – 06th July



08:00 am Sound travelling with Mrs. Evelin

Body, mind and soul can let go from amassed everyday stress, blockades, worries and uncertainties. In the depth relaxation it comes to a reorganisation and a free positive body consciousness (with sound bowls). approx. 30 min; meeting place in the "Harmony Sun Kingdom" in hotel Kirchheimerhof; Registration necessarily until Sunday 6 pm!

09:30 am Mountain bike testing with technique training and short tour

Incl. bike and helmet; for beginners and advanced bikers. Equipment: sporty clothes & good shoes; meeting at the parking lot of the hotel Kärntnerhof; Duration: 1-1,5 hrs.; FREE of charge! (Rental for bikes €5,- per person) Registration necessarily!



01:00 pm Walking tour with Mrs. Irmgard Prägant ... to a "place of your choice"

You can decide where you want to go to ... there are so many nice places, mountains and special attractions in and around Bad Kleinkirchheim. Make a suggestion ... when we take off in the morning you will know where it goes to. That will be fun! Registration necessarily!

6 pm Cocktail – Time at the Hotel Kärntnerhof & Hotel Kirchheimerhof

Afterwards you will be surprised in **Hotel Kärntnerhof** with a gala dinner with the theme „Nockmountains“. This gala will also be served at the **Hotel Prägant** after a **Cocktail - Time** starting at **6:30 pm**. Enjoy!

TUESDAY – 07th July

07:30 am – 08:30 pm: „KIDDY DAY“ at hotel Kärntnerhof for our little HARMONY'S guests!

At **7:30 am** we start with a **breakfast** and then we make a lunch for the walking tour; at **9 am** we start the **KIDDY'S Walking tour** to the „Kaiserburg“ with Mrs. Ines. We start from the hotel Kärntnerhof and walk to the Kaiserburg Valley Station; from there we go by gondola up to the middle station from the Kaiserburg. With an expedition walk we will go back down to the valley – this is going to be interesting. Don't forget the „Kärnten Card“ & good shoes!

10:00 am Nordic Walking Tour with Mrs. Irene

We meet at the hotel lobby Kärntnerhof, from there we start our walking tour through the valley of Bad Kleinkirchheim. Walking sticks for rent, free of charge! Duration: approx. 2 hrs.; Registration necessary!



02:00 pm Comfortable Kärntnerhof – Mountain bike house tour

Guided tour incl. Technique training; different groups depending on the level of mountain bike skills; just for advanced bikers. Equipment: sporty clothes & good shoes; meeting at the parking lot from the hotel Kärntnerhof; Duration: 2-3 hrs.; FREE of charge! (Rental for bikes €5,- per person) Registration necessarily!

WEDNESDAY – 8th July

09:00 am A nice time while playing GOLF ... with Mr. Gerald Hinteregger

You will go on the court „Kaiserburg“. Have a good time while chipping through the valley. Tee times will be announced on Monday! **Reduced Greenfee!** Meeting point: club house in Plass! Registration necessarily!

11:00 am Pilates with Mrs. Melanie Golob

Keep your body healthy and also a good figure; Pilates are concentrated, peaceful exercises in the lying down or sitting position; strengthening of abdominal, back and buttocks and stretching the muscles are just some exercises; participation fee: € 10, -; meeting point: Hotel in Kirchheimerhof at the "Harmony Sun Kingdom" Registration necessarily!



03:00 pm Mini-Golf and Pit-Pat Turnier

We are playing on 18 tracks at the hotel Kärntnerhof, afterwards we'll have some refreshing drinks and also a price award ceremony at the hotel. The participation is free of charge! Registration necessarily!

08:30 pm Curling with Mr. Dietmar Krenn

On the tracks of the curling area at the Hotel Kärntnerhof – right next to the cottage Brechlstub'n. The goal schnaps is waiting for you. Min. 5 pax! Registration necessarily until Tuesday 4 pm!



09:00 pm Wine tasting with Mr. Hans

You will dive with Mr. Hans into the original wine cellar of the hotel Kirchheimerhof which contains a variety of the Austrian & international wine culture. Besides, you find out a lot of interesting facts from the maturity, harvest & processing of the grapes up to the fine drop in the glass. Meeting place: hotel hall Kirchheimerhof; contribution: € 13,- per person; Registration necessarily until Wednesday 11 am!

THURSDAY – 9th July

10:00 am Nordic Walking Tour with Mrs. Irene *(please look at description from Tuesday!)*



05:00 pm “Culinary hike through the Harmony’s”

With your host families you will explore the hotels in a very special kind of manner ... We will take a walk through all hotels and enjoy nice, traditional Carinthian food & the typical lifestyle! Join us!

It is within the “Harmony pampering board” - € 16,00 p.P. for drinks, Register until Wednesday night! Transfer possibilities! (Presentation in German language!)

More info at your reception!

FRIDAY – 10th July

08:00 am Sound travelling with Mrs. Evelin in the hotel Kirchheimerhof

(Please look at description from Monday!)



09:00 am Walking tour with Mrs. Irene to the Falkertsee


Meeting place in the hotel Kärntnerhof; afterwards departure by shuttles to the Falkert parking lot. Then we walk towards the direction of the Falkert lake, then we further walk across the “Sonntagstal” to the “Falkert” summit (1,700 m). Further down we cross the “Hundsfeld” and drop in into the cottage “Lärchenhütte”, where we will have great snack. Enjoy the view across the valley. Absolutely very good, firm footwear, rain/wind jacket, possibly walking stick! Going time: approx. 4.5 hr., return: approx. 4pm; Registration necessarily!



Until 10:00 pm Your „Harmony Sun Kingdom” evening SPA!

Tonight you may enjoy some relaxing hours in our 2.500 sqm. “Harmony Sun Kingdom” at the hotel Kirchheimerhof; you can also treat yourself with great massages or beauty packages from our wellness experts.

wellharmony - **programme overlook**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
08 am		Sound travelling				Sound travelling
9 am			Kaiserburg-walking tour for our little Harmony's guests	Golfing		Falkertsee walking tour
9:30 am		Mountain bike testing			For our little „Harmony guests“ you will find the weekly programme at your reception!	
10 am			Nordic Walking	11 am Pilates	Nordic Walking	
2 pm		1 pm Walking tour	Kärntnerhof-house tour Nockbike	3 pm Mini-Golf & Pit-Pat		
From 6 pm		Cocktail-Time & gala evening		8:30 pm Curling	5 am Culinary Walking tour	
From 9 pm				Wine tasting		Wellness night at the hotel Kirchheimerhof

Registration for our daily programme please finish until 5pm the evening before at your reception!

You may also book your treatments right at the reception – check out our “Harmony SPA Well being programme“!





“HEIDI’S” Fest- Let’s celebrate!



on Sunday, 5th of July

Heidi and her friends celebrate once again on the Falkert Alm. Always on the first Sunday in July will meet here from **11:00 am** to Heidi fans to a family celebration! All children have to this day free admission to the Heidi-Alm and a children's program with a lot of variety awaits you. Enjoy with your family a nice day ... high on Falkert, where the alpine rose blooms!

Concert of the choir Volksliedchor



on Friday, 10th of July

At **8 pm** start „Living in the nock mountains“ with the choir „Volksliedchor Bad Kleinkirchheim“ and the folk musik ensemble Manfred Schuler and Eveline Schuler (harp) in the cultural hall near the community, Margeritenweg, admission: € 8,00 (tickets in advance at the tourist information).

Our Harmony Bonus – free for our guests:

The “Kärnten Card” – Free entrance to over 100 sights and destinations in Carinthia! F.e. museum, boat trips, mountain gondola rides, ... lots to do with your family.



What’s going on in Bad Kleinkirchheim?

Monday, 06th July

8:30 pm Slide show

“A slide show of the Nocky mountains“ – dive into our world of the mountains. At free entrance on the 1st floors of the tourism office Bad Kleinkirchheim!

Monday & Friday, 06th & 10th July

2 pm Golf testing hours

Every Monday and Friday from 2 until 3 pm with our PRO Gordon Manson at the Driving Range in Wiedweg; Participation free of charge! Registration necessarily!

Wednesday, 08th July

11 am Mountain prayer

At the mountain station Kaiserburg.

2 pm Hiking tour through “curative scenery“

Walking and exploring through the valley of Bad Kleinkirchheim; Meeting point: tourism office; duration approx. 2-3 hrs.; expenses: €3,- per person!

Thursday, 09th July

10 am Guided walking tour along the cultural walking path

Guided walking tour with Mr. Hubert Aufegger; Meeting: church St. Oswald; route: church St. Oswald – Gatterer Mühle – Alte Schmiede – Weger Stadl (Museumsstadl) – back to the Nationalparkbahn Brunnach. Walking time: 3 hrs., Free of charge!

4:30 pm Farmer market at the Moosbauerhof
With local specialities; next to Thermal Römerbad; until 8 pm!

Friday, 10th July

9 am Farmer market

You will find great local farmer products on the **farmer market** in front of the tourism office of Bad Kleinkirchheim. Until 12 am!

Your mass

Sunday, 05th July

9 am Catholic mass
church St. Ulrich

10.30 am Catholic mass
church St. Oswald

9 am Protestant mass at the
church Wiedweg



Our styling tipp for you:

You want to change your style and type or just anxious for some relaxing hours for your hair?

„Hair stylist c.u.t. Creative & Trendy hairdesign“

(at the Dorfstrasse,
opposite Römerbad in the shopping area!)

We are eager to make an appointment for YOU!

