

NEWSREEL



Our „HARMONY’S-ACTIVE-WEEKLY PROGRAM“ for our guests
from 6th until 12th September 2009



Tradition in Bad Kleinkirchheim ...
"Bring the cattle down from the alps"!

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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?

Every accomplishment

Starts with the decision to try!

HARMONY'S activities

SUNDAY – 6th September

07:00 pm Biker club in the hotel Kärntnerhof

We will get together with a trained staff member of the sport school "Krainer" to receive many useful tips about biking. Furthermore you get great tours presented from our national park Nockberge Mountains. Registration until TODAY at 12:00 am!

07:00 pm Piano time at the hotel Kärntnerhof

Let's enjoy it ... in our hotel lobby accompanied with piano music from Mr. Miklosch.

MONDAY – 7th September

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

With guides from the sport school; 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!

6:00 pm Cocktail – Time at the HARMONY'S

Let's enjoy a cocktail in our 3 hotel lobbies! Afterwards you will be surprised in **Hotel Kärntnerhof** and **Hotel Prägant** with a gala dinner with the theme „Nock Mountains“. At the **Hotel Prägant** the **Cocktail - Time** starting at **6:30 pm!**

TUESDAY – 1st September



9:00 am All about "SPEICK"

ALPINE WELLNESS – with natural SPEICK cosmetics - the delicate plant with the strong "wellness character"! In Europe, the inconspicuous little Alpine plant "valeriana celtica" has its only natural habitat in the Nockberge mountains. The delicate flowers and aromatic fragrance of this remarkable species of valerian have long caused enchantment and enthusiasm. Enjoy the essential ingredients & the harmonizing effects of the Speick plant in the beautiful environment of our "Harmony SPA World of Well-Being"! Duration: ca. 30 min.; Meeting point: Hotel Kirchheimerhof – at the "Zirbenstub'n".

Highlight!

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!

02:30 pm Mountainbike - house tour with guides from the sport school

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!

Highlight!

WEDNESDAY – 8th September



6:30 am Early morning breakfast hiking tour with your host families

After a small snack we drive towards the „Nockalm“ street to the „Schiestlscharte“ - at around 6.30 am. After a hiking tour (approx. 1,5 hrs.) to the "Wolitzenhütte" ... we will be awaited with a traditional „alp breakfast" with delicious specialities. Way back: hike back to the „Brunnach" gondola or transportation by bus! Meeting: Hotel lobby in your hotel! Fees: € 3,70 - Equipment: Very good, **resistant shoes**, rain/wind jacket, maybe walking stick! **P.S.** Don't forget your „Kärnten Card"! Registration necessarily.

11:15 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!



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 September



10:00 am 3-lake-hike at the “Turracher Höhe” with Mrs. Irene

With our private cars we will drive up to the mountain “Turrach”. From the “Turracher See” we go the “Schwarzsee”, and further go down to the “Grünsee; take a drop in at the “Karlhütte”. It is a great water experience. Duration about 3 hours! Meeting: Hotel lobby Kärntnerhof, Transport: car pooling going to the Turrach (20 min.). Registration necessarily.



08:30 pm Curling with Mr. Dietmar

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 Thursday 4 pm!

FRIDAY – 10th September

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

(Please look at description from Monday!)



09:00 pm „Whiskey on the nocks“

Whiskey tasting in the Nockberge mountains ... An Alpine and tasty experience for the discerning connoisseur and adventurer: After a torch-lit hiking tour we will return to our cozy cottage „Groar Keusch'n“ (our cozy Carinthian cottage above the hotel Kirchheimerhof). There the finest distillates from the region and also from more northern countries like Scotland, Ireland, USA will be tasted... guided from our professional sommelier Mr. Hans and the junior-chef Mr. Michael Prägant; Fees: € 19,50 p.P.; Transfer for our guests from the hotel Prägant and hotel Kärntnerhof possible; registration until Friday, 11:00 am! In German language only!



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.



Registrations for our daily program please finish until 5pm the evening before at your reception!



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.



The exclusive EXTRA:

Hay...stack...bed and you ...

Our bed of hay is a delightful discovery for all lovers, newly-weds and honeymooners. We have created a huge and romantic hay bed in a hayrack discreetly situated close to the hotel. Rustic, traditional, original and yet comfortable – you will surely spend an unforgettable night here. The romantic package includes a delightful breakfast for 2. A night in **HARMONY'S bed of hay** is included for a surcharge of € 49,50 p.P. incl. breakfast for two. Any further person € 20,00. *Dinner upon request!* Away from the hotel, alone in the barn in an unforgettably Alpine and romantic atmosphere! Can be booked by your reception!



wellharmony - program overlook

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08 am		Sound travelling		06:30 Breakfast Hiking tour		Sound travelling	
9 am			All about "SPEICK"	For our little „Harmony guests“ you will find the weekly program at your reception!			
9:30 am		Mountain bike testing					
10 am			Nordic Walking	11:15 Pilates	3-lake Walking tour	Nordic Walking	
2 pm			02:30 pm Mountainbike house tour Nockbike				
From 6 pm	Biker club and Piano time	Cocktail-Time & gala evening			8:30 pm Curling	Wellness night Kirchheimerhof	
From 9 pm				Wine tasting		Whiskey on the nocks	

Tips for some relaxing hours in and around Bad Kleinkirchheim

**“Kärntner Heimatherbst” program:
"Bring the cattle down of the Wolitzen alp" on Saturday, 12th September**



Briefly the background of the whole arrangement:

6 farmers have yearly 70 cows and calves on the "Wolitzen alp". From there these are carried off over the "Rote Burg" further up to the shrine "Saint Leonhard" - patron saint of the cattle - where a short break is inserted. Then at the Hinteregger in St. Oswald the cows become their "jewelleries" put on. Then it goes down to Bad Kleinkirchheim, where the people celebrate already the homecoming of the cows. Carinthian culinary lacks on nothing!

Program:

From **10:00 am**: Early pints by the farmer "Unterwirt" (near our Hotel Kärntnerhof) with the national costume chapel; shuttle service to St. Oswald

11:00 am: Finishing up of the cows in St. Oswald.

12:00 am: Egress in St. Oswald to Bad Kleinkirchheim.

From **10:30 am**: Early pints with the national costume chapel on the meadow near by the hotel Kärntnerhof. Approx. **1 pm**: Arrival of the cows with company of the band Bad Kleinkirchheim by the farmer "Unterwirt".

The party goes on into the early evening! Enjoy!

What's going on in Bad Kleinkirchheim?

Monday, 7th September

2:00 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!

Tuesday, 8th September

8:30 am Spiritual guided walking tour

with the protestant pastor Mr. Träger, meeting point at the church St. Ulrich, duration: 4 hours, to bring along: hiking boots, good condition and snacks, Margeritenweg.

Thursday, 10th September

4:30 pm Farmer market at the "Moosbauerhof"

With local specialities; next to Thermal Römerbad; until 8 pm!

Friday, 11th September

9:00 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, 6th September

09:00 am Catholic mass church St. Ulrich

10:30 am Catholic mass church St. Oswald

05:30 pm Catholic mass church St. Kathrein

10:15 am Protestant mass at the church Bad Kleinkirchheim

