

WEEKLY PROGRAMME

from Saturday, 23 May to Friday, 29 May 2026



A warm welcome to Sonngastein!

We would like to offer you a relaxing and varied holiday. For our active guests, we have put together a diverse weekly programme, which we would like to introduce to you below.



Registration at the front desk required



Saturday, 23 May 2026

- 16.00 - 17.30 **Fitness training with Florian Zitka in our fitness studio**
Just the right way to start your holiday: after your arrival, light fitness exercises will put you in the holiday mood - simply stop by the fitness studio and loosen up!
- 17.30 - 18.30 **Piano music** in the hotel lobby
- 18.30 **Welcome cocktail with the Mag. Zitka family in the hotel lobby**
- from 19.00 **Austrian buffet**

Sunday, 24 May 2026



- 08.00 **Yoga & breath with Esther**
With mudras (hand positions), simple asanas (body postures) and gentle pranayamas (breathing exercises), you will increase your life force, create inner balance and contentment, and allow prana (life energy) to flow more freely again.
The focus is on the individual synchronisation of natural, even breathing and gentle movements.
Duration: approx. 50 minutes
in good weather: meeting point on our sun deck
in bad weather: meeting point in the Fit & Relax room
Maximum number of participants: 6 people

Sunday, 24 May 2026



09.00

Pilates Basic with Esther

Learn and experience the Pilates principles with Esther, such as powerhouse activation, breathing, concentration, centring and movement precision. To strengthen the entire deep musculature, tone the tissue, improve flexibility and, above all, straighten and optimise posture. Pilates is a highly effective and efficient training method. Aligned and upright from head to toe.

Duration: approx. 50 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people



11.00

Fun tennis “Schleiferl” mixed doubles tournament with Simone

in good weather: meeting point at the outdoor tennis courts

in bad weather: meeting point in the Kaminstueberl



14.00

Beautiful family hike with Simone to the Hausebengut

Join us for a beautiful circular hike starting directly from the hotel! First, we ascend to the Erzherzog-Johann-Promenade, located on the western side of our valley. After a good hour of walking, we reach the Hausebengut, a small, charming snack station with a mountain distillery. Here we stop and enjoy homemade delicacies. After this pleasant break, we follow the Bertahof Trail, a hiking path mostly through the forest, down into the valley floor at the level of the Gastein bathing lake. From here, we follow the beautiful Achen promenade upstream and return to our hotel after a total walking time of approx. 3 hours.

Maximum number of participants: 15 people.

Meeting point: at the front desk ↑↓: approx. 209 vertical metres / length: approx. 7 km

Sunday, 24 May 2026



16.00

Introduction to the world of mini drones “fly, vlog, post” with Peter

Discover the world of drones and vlogging in this beginner course, aimed at everyone interested in flying drones and capturing breathtaking footage. Whether on holiday at the beach, in the hotel, in the city or in the mountains, this short and intensive course will prepare you to do it safely and creatively. Duration: 2 hours.
Participation: from 14 years, or from 12 years only when accompanied by an adult (if the accompanying adult does not take part in the course, the course fee will not be charged).

Contribution towards costs: € 33.00 per person. Pentecost special “1 person per family flies the drone free of charge”.

Maximum number of participants: 7 people.

Registration by Sunday, 24.05.2026, 10.00 at the latest

- Tuesday to Friday, gladly possible from 17.00 by arrangement with Peter -

from 20.00

Piano evening with Alexander in our restaurant

20.30

Who is best at the goal wall?

We will give you one chance to score 6 goals on the goal wall (3 in the bottom corner and 3 in the top corner). Our awards:

- The winner of the season (winter and summer) wins a free day at the hotel
- The daily winner wins a cocktail of choice
- Highlight: 6 shots, 6 hits, you win one week at the hotel – the ranking is continuously updated on our Facebook site.

Meeting point: in the indoor playground

21.30

Teens, take note!

Simone invites you to a friendly get-together in the Adventure Hall - an exciting tournament evening with football, basketball or indoor hockey awaits you

Monday, 25 May 2026



09.30

E-BIKE TOUR to the Bärsteinalm with Simone

A few details about the excursion: first we travel by hotel bus (for more than 6 people, please follow us in convoy in private cars) to Bad Hofgastein, where we collect a suitable e-bike for everyone. After a friendly introduction to safe e-bike riding, off we go: at the start of our tour we cycle through Bad Hofgastein and continue into the centre of Bad Gastein. Admire the waterfall :) and then continue via the Erzherzog-Johann-Promenade into Angertal and from there into the Schlossalm area. Once we arrive at the Bärsteinalm,

we will have earned a little refreshment before returning to Bad Hofgastein...

Contribution towards costs: € 45.00 per person for the e-mountain bike including helmet and insurance. Children's e-bike on request (up to body height

150 cm and up to 50 kg) € 35.00 per child. Maximum number of participants:

6 people. Meeting point: at the front desk. Registration by Sunday, 24.05.2026, 20.00 at the latest. PLEASE NOTE: after the registration deadline, free cancellation is no longer possible; in the event of later cancellation, a cancellation fee

of 50% of the costs per person will be charged (exception only in the case of illness)



10.00

Easy hike to the Upper Astenalm with Edit

From the Evian spring at the beginning of the Nassfeld valley, which we comfortably reach by hotel bus (for more than 6 people, please follow us in convoy in private cars) and private cars, we hike along a gently rising path beside the Nassfeld stream to this beautifully situated alpine pasture. The hike is easy for everyone to manage, and taking a pushchair (preferably with rubber tyres) is also possible. We would particularly like to highlight the family-friendly atmosphere of the Astenalm, where children will find a small petting zoo and various play opportunities!

Meeting point: at the front desk. Maximum number of participants: 15 people

↑↓: approx. 75 vertical metres / length: approx. 3 km /

total walking time: approx. 1 h

Registration by Sunday, 24.05.2026, 20.00 at the latest



16.00

Fun afternoon with Simone by the campfire:

We grill marshmallows and stick bread

We will light the campfire together using flint stones, and then the grilling fun can begin. :) Meeting point: at the front desk

Monday, 25 May 2026



16.00

Introduction to the world of mini drones “fly, vlog, post” with Peter

Discover the world of drones and vlogging in this beginner course, aimed at everyone interested in flying drones and capturing breathtaking footage while travelling. Whether on holiday at the beach, in the hotel, in the city or in the mountains, this short and intensive course will prepare you to do it safely and creatively. Duration: 2 hours.
Participation: from 14 years, or from 12 years only when accompanied by an adult (if the accompanying adult does not take part in the course, the course fee will not be charged).
Contribution towards costs: € 33.00 per person. Pentecost special “1 person per family flies the drone free of charge”. Maximum number of participants: 7 people.
Registration by Monday, 25.05.2026, 10.00 at the latest
- Tuesday to Friday possible by arrangement with Peter -



17.00

Kids & teens, take note:

Mixing mocktails” – who would like to mix a mocktail themselves?
Sign up! We will introduce you a little to the art of mocktail mixing and wish you lots of fun 😊

Maximum number of participants: 10 people. Meeting point: in the hotel lobby.

Tuesday, 26 May 2026



08.00

Aqua gymnastics with Niurja

Duration: 30 minutes

Meeting point: at the swimming pool

Maximum number of participants: 10 people



10.00

Laser tag in the Adventure Hall with Simone & Matthias

TEAMBUILDING, FUN, PURE ADRENALINE Paintball without painful bruises or injuries. Safe, harmless and pain-free.

Duration: approx. 2 hours. Contribution towards costs: € 25.00 per person.

Payable: in cash directly to Matthias. Minimum number of participants: 8 people (participation possible from 8 years). Maximum number of participants:

12 people. Registration by Monday, 25.05.2026, 20.00 at the latest

For your information: if there are more than 12 registrations, participants will be divided into 2 groups. 1st group at 10.00 and the 2nd group at 11.00

Tuesday, 26 May 2026



10.15

Family herb workshop with Simone

In this workshop, our Simone will introduce you to nature in a playful way and show you how we can benefit from it. What do seasonal and regional herbs look like, and what products can they be made into?

This workshop is themed around “dandelion” ;)

Maximum number of participants: 15 people. Meeting point: at the front desk



11.00

Beautiful circular hike with Rui Zitka via the Waterfall Trail to Bad Gastein and back to Hotel Sonngastein via the Kaiser-Wilhelm-Promenade

We start directly from the hotel and reach the centre of Bad Gastein via the Waterfall Trail, with its impressive waterfall.

At the Straubinger Café we will make a relaxed stop, so that we can start the way home via the Kaiser-Wilhelm-Promenade and the Radernweg well rested. Minimum number of participants: 3 people. Maximum number of participants: 15 people. Meeting point: at the front desk.

↑↓: approx. 173 vertical metres / length: approx. 6 km / total walking time: approx. 3 h



14.00

The 5 Tibetans with Esther

Each of these 5 coordinated exercise rituals, which have their origins partly in yoga, consists of 4 elements: movement, breathing, relaxation and meditation. The effect of this source of strength leads to a remarkable increase in overall wellbeing and is described as a fountain of youth.

Duration: approx. 50 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people

Tuesday, 26 May 2026



15.00

Yin yoga sequence with Esther

Yin yoga is a very calm and meditative style of practice, yet very powerful in its effect. This type of practice offers great health benefits for our systems, for the organs, for the meridians (energy channels) in the body, and has an equally strong effect on the fascia that surrounds everything in the body. The stretching positions, held for 3 to 5 minutes, allow the body to let go deeply.

Duration: approx. 50 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people



16.15

Yoga mudras with Esther

Finger yoga - simple exercises with a great effect. Mudras help us turn our attention inwards again, refine our perception and, in a short time, create a balanced flow of life energy. Holding the fingers in certain positions allows us to experience the present moment consciously and brings our emotions into balance. A mudra is like a short meditation.

Duration: approx. 30 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people



17.00

Teens, take note!

Breathing & posture training and Pilates Basic principles with Esther

*We focus on the holistic interplay between our inner alignment and the externally visible upright posture of the body in connection with our individual breathing rhythm.

*Learn and experience the Pilates principles with Esther, such as powerhouse activation, breathing, concentration, centring and movement precision. To strengthen the entire deep musculature, tone the tissue, improve flexibility and, above all, straighten and optimise posture.

Duration: approx. 40 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people

from 18.30

Italian buffet

Tuesday, 26 May 2026

from 19.30

Enjoy the lovely bar atmosphere and treat yourself to a delicious cocktail or a good glass of wine at the **hotel bar during our live music evening in the restaurant with our solo entertainer George**. His musical journey through the decades of music will delight you; you are also welcome to dance a little - we wish you wonderful entertainment!

Wednesday, 27 May 2026



08.00

Aqua Fascia Fit with Esther

In this session, the wet element provides ideal gentle resistance. We also incorporate small, fine modifications (changes in movement), the so-called fascial stretching methods, so that we can have an even more targeted positive effect on our fascial network and tendons.

Duration: approx. 30 minutes

Meeting point: at the swimming pool

Maximum number of participants: 10 people



09.45

Leisurely hike with Edit to the scenic Annencafé high above Bad Hofgastein. From the hotel we walk to the “Golfplatz” bus stop, about 6 minutes away, and take the public bus to Bad Hofgastein (free with your Gastein Card). From the bus terminal at the Schlossalmbahn, we set off and hike through the centre, up the romantic Waterfall Trail to the Annencafé, which we reach after approx. one hour of walking. Up here, we are rewarded with a wonderful view of the Gastein Valley and will stop for a relaxed break :) Refreshed, we will take the Gasteiner Höhenweg back. Maximum number of participants: 15 people. Meeting point: at the front desk.

↑↓: approx. 353 vertical metres / length: approx. 10 km / total walking time: approx. 3 ½ h

Registration by Tuesday, 26.05.2026, 20.00 at the latest



10.00

Pilates Basic with Esther

Duration: approx. 60 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people



14.00

Archery with Rui Zitka on the wonderful hunting-bow course

at the Bellevue Alm. Transfer: by hotel bus (for more than 6 people, please follow us in convoy in private cars). Contribution towards costs: € 20.00 per adult (from 13 years) and € 16.00 per child including instruction and equipment.

Meeting point: at the front desk.

Registration by Tuesday, 26.05.2026, 20.00 at the latest



15.00

Meridian stretching with Esther

Through finely coordinated stretching positions, it is possible to release blockages in the meridians (energy channels) and make the body more flexible. Through increased oxygen intake during the held positions, you regain the ability for self-regulation and achieve greater body awareness, inner security and calm.

Duration: approx. 50 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people

Wednesday, 27 May 2026



16.00

Intuitive gentle yoga with Esther

We let the day gently come to a close. With mudras (hand positions), simple asanas (body postures) and gentle pranayamas (breathing exercises), we increase our life force, create inner balance and contentment, and allow prana (life energy) to flow more freely again. The focus is on the individual synchronisation of natural, even breathing and gentle movements.

Duration: approx. 50 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people



17.35

“Tumba” with Niurja

Dance yourself free with hot Caribbean rhythms

in good weather: meeting point on our sun deck

Maximum number of participants: unlimited

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 8 people



20.30

Tournament evening with Simone

Choose from: *table tennis *darts *air hockey

Meeting point: in the Adventure Hall

Wednesday, 27 May 2026



21.00

Whiskey tasting with Florian

from Ireland via Scotland to Japan

Join us on an exciting journey of discovery through the world of whiskey. Together we will taste three special drams: a mild Scottish Speyside whisky, a characterful Irish pot still whiskey and an elegant

Japanese whiskey. You will also learn interesting facts about the history of the distilleries and the differences in production and taste.

Price: € 22.00 per person. Minimum number of participants: 2 people.

Maximum number of participants: 20 people. Meeting point: in the Kaminstueberl.

Registration by Wednesday, 27.05.2026, 18.00 at the latest

Thursday, 28 May 2026



08.00

Aqua gymnastics with Niurja

Duration: 30 minutes

Meeting point: at the swimming pool

Maximum number of participants: 10 people



08.00

Vital yoga with Esther

This active morning session stimulates our metabolism and raises overall wellbeing to a new level. The selected sequence of exercises brings strength into the centre of our core. Along the spine runs our Sushumna channel (energy pathway). Awaken your vitality through increased absorption of prana (life energy) and let it flow through every cell of your body.

Duration: approx. 50 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people

Thursday, 28 May 2026



09.00

Breath & posture with Esther

Aligned and upright from head to toe. In this session, you focus on the holistic interplay of inner alignment and the resulting visible upright posture of the body in connection with our individual breathing rhythm. With additional valuable impulses for everyday life.

Duration: approx. 30 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people



10.00

Trainer support - fitness information (from 15 years) with Esther

Whether on the modern fitness equipment in the light-filled fitness room, training with your own body weight or information about the varied yoga & vital course programme - expert advice from many years of experience is guaranteed by our qualified personal & vital trainer Esther.

Duration: approx. 30 minutes

Meeting point: in the fitness room

Maximum number of participants: 6 people



10.00

Guided circular hike with Dr Axel Zitka from Angertal - Gadaunerer Hochalmen - Thaler-Mahder-Hütte - Angertal

First, the hotel bus takes us (for more than 6 people, please follow us in convoy in private cars) to Angertal, the tranquil side valley between Bad Hofgastein and Bad Gastein. Via the steadily ascending Wolfsstallsteig, we climb to the beautifully situated Gadaunerer Hochalmen, which we will reach after approx. 2 hours of walking. After a short break, we continue downhill to the Thaler-Mahder-Hütte for a cosy stop :) Refreshed, we take the route back to Angertal via the "Nösslach" and the Wolfsstallsteig...

Pure walking time: approx. 4 h (only for hikers with good fitness - ankle-high mountain boots required - no trainers). Minimum number of participants:

3 people. Maximum number of participants: 15 people.

Meeting point: at the front desk.

Thursday, 28 May 2026

 11.00

E-BIKE TOUR to the Prossauhütte with Florian

A few details about the excursion: first we travel by hotel bus (for more than 6 people, please follow us in convoy in private cars) to Bad Hofgastein, where we collect a suitable e-bike for everyone. After the friendly introduction to safe e-bike riding, off we go: at the start of our tour we cycle through Bad Hofgastein and continue along the old Angertal road and Erzherzog-Johann-Promenade to Mozartplatz in Bad Gastein. From here, we continue towards the Kötschach Valley until we reach the Prossauhütte at the end of the valley. Once there, we have earned a refreshment break before returning to Bad Hofgastein...

Contribution towards costs: € 45.00 per person for the e-mountain bike including helmet and insurance. Children's e-bike on request (up to body height 150 cm and up to 50 kg) € 35.00 per child. Maximum number of participants: 7 people. Meeting point: at the front desk.

Registration by Tuesday, 26.05.2026, 20.00. PLEASE NOTE: after the registration deadline, free cancellation is no longer possible; in the event of later cancellation, a cancellation fee of 50% of the costs per person will be charged (exception only in the case of illness)

 14.00

Conversation round with Esther

We meet and talk with one another about everything that brings body, mind and soul back into harmony. This may include normal everyday situations or holiday-specific questions, deeply moving topics or cheerful moments.

You decide the content of this unique conversation round. Esther looks forward to a meaningful time of communication together.

Duration: approx. 40 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people

 15.50

Pure nature & body in balance with Esther

With joy in movement, breathing the fresh clear air and strengthening the immune system. Moving outdoors is good for our body and, above all, for our psyche. Movement in nature releases more happiness hormones. This optimises sleep quality and therefore leads to faster and improved regeneration.

Duration: approx. 90 minutes

Meeting point: in the hotel lobby

Maximum number of participants: 6 people

Thursday, 28 May 2026

from 20.00

Piano evening with Alexander in our restaurant

Friday, 29 May 2026



08.00

Yoga sun salutation with Esther

Through the repetition of a coordinated movement sequence with conscious Ujjayi breathing, a specific breathing technique in yoga, we achieve activation through the morning sun salutation of our entire body-mind system. We increase the capacities in all our biological processes, creating expansion.

Duration: approx. 50 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people



10.00

Pilates Express with Esther

Duration: approx. 30 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people



11.00

Beautiful alpine hike with Mrs Renate Zitka to the Fundner Heimalm (1,430 m)

First we travel from the hotel by hotel bus (for more than 6 people, please follow us in convoy in private cars) to Bad Hofgastein. We start at the Schlossalm valley station and the path leads up through meadows and forests to the charmingly situated alpine pasture in the Leidalmen area, which we will reach after approx. 2 hours of walking.

Now we will stop for a cosy break :) Refreshed,

we return to the valley by the same route...

Maximum number of participants: 15 people. Meeting point: at the front desk

↑↓: approx. 550 vertical metres / length: approx. 8 km / total walking

time: approx. 4 h



14.00

Beach volleyball tournament with Simone

Meeting point: at the beach volleyball court

Friday, 29 May 2026



15.00

Yogalates with Esther

A flowing combination of yoga asanas and Pilates exercises with precise alignment, including through the principles of spiral dynamics. By additionally connecting the three layers of the pelvic floor with the surrounding musculature, an inner muscular corset, a power pelvis, is created, optimising overall posture. The conscious breathing rhythm during movement creates synergy within and with oneself.

Duration: approx. 50 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people



16.00

Breath meditation with Esther

Breath is the connection between our inner self and the outside world. Breath is life. Let Esther's calming meditative voice guide you in a pleasant atmosphere while resting on the mat. Suitable for anyone who would like to learn more about the positive effects of conscious and correct breathing and do something good for themselves.

Duration: approx. 30 minutes

in good weather: meeting point on our sun deck

in bad weather: meeting point in the Fit & Relax room

Maximum number of participants: 6 people



16.30

Excursion with Simone to the farm shop at Lagerhaus Gastein & to Durzbauer in Bad Hofgastein

This afternoon, combine a small shopping experience with a visit to a fine distillery and show distillery. Comfortably by hotel bus, we travel to Lagerhaus Bad Hofgastein, where you can buy homemade delicacies from local farmers, such as cheese, bacon, jams, liqueurs and more, in a small farm shop. Afterwards, we visit the Durzbauer show distillery.

Maximum number of participants: 7 people.


Meeting point: at the front desk

from 19.00

Romantic **candlelit gala dinner** in our restaurant (elegant dress desired!). Enjoy a lovely evening with selected and carefully prepared dishes.

from 19.30

Piano evening with Alexander in our restaurant


Participation in all programme items is at
your own risk and responsibility!

Further tips and recommendations for your holiday in the Gastein Valley
(further information is available at the front desk or in the
information brochure “Gastein Summer Active Programme”)

A MUST-TRY...

Opening hours Felsentherme in Bad Gastein

daily from 09.00 to 21.00

Brochures and further information at the front desk


Opening hours Alpentherme Bad Hofgastein

Monday to Wednesday and Sunday from 09.00 to 21.00

Thursday to Saturday from 09.00 to 22.00

Brochures and further information at the front desk

**Make use of the many price benefits of your GASTEIN CARD
and discover the diverse opportunities in the Gastein Valley!**


The Dr Zitka family and all our friendly staff wish all our guests a
wonderful and relaxing holiday week!

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