

Falken Active Program

Each activity requires registration the day before until 18:00h (see exceptions)

Please also note the varied winter program from the Zell am See Kaprun tourist information office on the information boards at the back of the hotel

- Daily **The Highlight:** a **Tandem-Paragliding flight** with Sepp from Schmittenhöhe for a special rate for hotel guests only incl. pictures & video – just unforgettable!
- Kid's cinema** in Falki's Kinderparadies - Start approx. 19:00h - Please ask our crew to select a movie
- Weekly **Sauna infusions** with our sauna master in the rustic Alpine hut sauna in the garden - please ask for the appointments at the reception - no registration
- Monday **Castle tour** at Castle Kaprun at 16h - once a week our old-venerable castle opens the gates with an interesting tour -
Adults € 7.00 - free admission for children and teenagers
- Yogalates with Catherine** – A great mix of yoga and Pilates at 17h in the hotel with our professional yoga teacher, 45min. in the fitness & yoga room, minimum 2 participants – **FREE OF CHARGE**
- Tobogging night** - a lot of fun! With Sepp on the illuminated natural toboggan run. We start with the taxi, then a tractor awaits us, at the top of the hut there is tubing for children and then we slide down with the toboggans. Dinner at 18h - Start at 19.40h - Registration until Sunday 18h -
€ 25, - per adult (all included) € 15, - per child (up to 14 years)
- Tuesday **Cinema & red wine** for adults on big screen in the hotel's Vogelnest (bird's nest) at 20: 15h
- Wednesday **Free Cross** Training at 17.00h, approx. 45min with our coaches Catherine & Peter, level will be adapted to participants, in nature around the hotel or in the gym depending on the weather, at least 2 participants – **FREE OF CHARGE**
- Hiking Fire** – hiking fire walk with Sepp to the beautiful Kaprun gorge, approx. 45-60min and afterwards a taste of Sepp's Zirbe schnaps, dinner 18h, Start 20.15h – min. 3 participants – **FREE OF CHARGE**
- Thursday **Kid's cinema** on the big screen in the hotel's Vogelnest (bird's nest) at 19:00h
- Friday **Yoga with Eva** at 17h in the Hotel with our professional yoga teacher, 45min. in the Fitness- & Yogaroom, min. 2 participants – **FREE OF CHARGE**
- Cinema & red wine** for adults on the big screen in the hotel's Vogelnest (bird's nest) at 20:15h
- Sunday **Wine tasting** with sommeliér Alois at 21h at the Hotelbar, 3 red & 3 white austrian wines are tasted with interesting stories, € 10,00 per person