

# *Your Holiday* *Programme*

*10<sup>th</sup> March to 16<sup>th</sup> March 2024*





## *Your Bareiss Day for recreation, entertainment and culinary pleasure*

- Kick-off** *Pool breakfast from 7.00 a.m. to 10.00 a.m. and a large breakfast buffet from 8.00 a.m. to 11.30 a.m. in our hotel lobby.*
- Pool Bistro** *Indulge in light Mediterranean cuisine at the Pool Bistro. We prepare culinary treats for you daily from noon until 6.00 p.m.*
- Afternoon coffee** *From 1.30 p.m. to 5.00 p.m. in our “Wintergarten” and in our terrace should the elements be kind enough. Enjoy your cup of tea or coffee together with a freshly baked cake or something sweet prepared by our own patisserie.*
- Evening dinner** *As part of your Culinary Day a table is reserved for you personally from 7.00 p.m. until 22.30 p.m. in our hotel guest restaurants.*  
*The dress code for Bareiss evenings: Smart for dinner. For one's own pleasure. And for the pleasure of the other guests. Thank you!*
- Midnight snack** *A hearty delicacy or two to bid our hotel guests goodnight.*
- The Hotel Bar** *Daily open from 5.00 p.m., and on Saturday, Sunday and Public holiday additionally from 11.30 a.m. and to 2.30 p.m.*
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- The Dorfstuben** *It is open daily from 12.00 a.m. to 2.30 p.m. and from 6.00 p.m. to 11.00 p.m. On Friday, Saturdays, Sundays and on public holiday our Dorfstuben is always open from 12.00 p.m. for a tasty pilsner and regional specialities.*
- The Kaminstube** *Available for enjoyable get-togethers featuring classic dishes from European cuisine.*
- Restaurant Bareiss** *Enjoy excellent, creative cuisine from Claus-Peter Lumpp in our 3-Star gourmet restaurant. Please note that you have to reserve tables at the Restaurant Bareiss and that it is closed on the Monday, 29<sup>th</sup> July 2024 until Thursday, 29<sup>th</sup> August 2024 and as well as on Mondays, Tuesdays and Wednesday.*
- Sattelei** *Our hiking hut Sattelei is daily opened for you - 365 days a year. From Monday to Saturday from 11.00 a.m. to 5.00 p.m. and on Sunday from 11.00 a.m. up to 9.30 p.m.*
- Forellenhof** *Our “Forellenhof” is daily opened for you from 11.30 a.m. to 5.30 p.m.*

# Your Holiday Programme

Dear Guests,

*this brochure is intended to provide you with information of everything that you can experience and undertake here: your Holiday Programme.*

*Any changes can be found in the current daily post or in the Bareiss-App on your smartphone.*

*Sunday, 10<sup>th</sup> March 2024*

*9.00 a.m. Natalie Bohnet takes your **reservations** in the “Ferienecke”.*

*9.00 a.m. Bus transfer to the **Roman Catholic Church** in Baiersbronn. Please make a reservation by 8.00 a.m.*

*10.45 a.m. **Romantic coach trip through the National Park of the northern Black Forest***

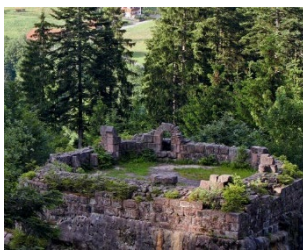


*with Bernhard Wanke. Today you have the possibility to spend some time in the nice and fresh air of the Black Forest with driver Bernhard Wanke. He will also tell you some interesting facts about the National Park and the latest implementations. Costs: € 40.- (children: € 20.00).*

*Return: 12.45 p.m. Meeting point: “Gästetreff”. The trip will only take place if the forest roads are safe. Please make your reservation by 9.30 a.m.*

*11.00 a.m. **Walk** nature pedagogue Martin Steudinger*

*“Around the ruin Tannenfels”*



*From the clubhouse in Obertal we walk towards the impressive ruin “Tannenfels”. Here we enjoy wonderful views over the Murg valley and even the hotel Bareiss, because of a storm that uprooted many trees allowing now a clear view. Continuing on slightly but steadily uphill going paths, we reach the “Walterhütte” where we stop for a short break. Afterwards we start our way back downhill towards the hotel. Distance: 8 km. Walking speed: 3.5 km/h, easy level. Return: 3.00 p.m. Meeting point: “Gästetreff”. Please make your reservation by 10.00 a.m.*

*1.30 p.m. Welcome to the **afternoon tea**. We cordially invite you to have a piece of*



*homemade cake that you will find at the Bareiss cake buffet. May it be the traditional Black Forest cake, a delicious fruit tartlet, a tasty Bareiss Cake or a delightful cheese cake – you can be certain that there will be one of them at your taste. Sven Schork will entertain you musically from 3.30 p.m.*

*7.00 p.m. We pamper you with our **Bareiss Gourmet Menu**.*

*9.00 p.m. **Live music** in the evening in our **hotel bar** with Sven Schork.*

# Your Holiday Programme

*Monday, 11<sup>th</sup> March 2024*

*9.00 a.m. Richard Thomas takes your **reservations** in the “Ferienecke”.*

*11.00 a.m. **The Bareiss kitchen world.** Duration: approx. 45 min. Meeting point: “Restaurant Bareiss”. Please make a reservation by 10.00 a.m. and note that the guided tour will be in German language.*

*11.00 a.m. **Walk** with charcoal burner Thomas Faißt:*

*“Round Mitteltal’s Local Peak”*



*We start this walk ascending breathless paths up the “Schramberg”. First we cross the Mitteltal ‘ski area’, the old “Talblick ski slope”, on a narrow path. Afterwards we twist around and up the “Schramberg”. Distance: 10 km. Walking speed: 3.5 km/h, medium level. Return: approx. 2.30 p.m. Meeting point: “Gästetreff”. Please make your reservation by 10.00 a.m.*

*11.00 a.m. **Guided hotel tour.** Duration: about one hour. Meeting point: “Ferienecke”. Please make a reservation by 10.00 a.m.*

*12.00 p.m. **Veteran car tour** with Roland Gaiser:*

*“Baiersbronn and its surroundings”*



*Get to know your holiday environment from a different perspective. From the Black Forest Scenic Road we drive to the observation deck “Ellbachseeblick” and enjoy magnificent views. Costs: € 30.-. Return: 3.30 p.m. Meeting point: hotel entrance. Please note the minimum number of participants is two persons. Please make your reservation by 10.00 a.m.*

*1.30 p.m. Welcome to the **afternoon tea**. Martin Böhm will entertain you musically from 3.30 p.m.*

*6.00 p.m. **Literary aperitif** in our library:*

*“Bartleby – the writer”*



*Get to know the Max Ruhbaum when he reads “Bartleby – the writer” published in 1853 by Herman Melville. We kindly ask for your reservation and wish you an entertaining reading with a glass of sparkling wine! Please note that the reading will be in German language.*

*7.00 p.m. We pamper you with our **Bareiss Gourmet Menu**.*

*9.00 p.m. **Live music** in the evening in our **hotel bar** with Martin Böhm.*



# Your Holiday Programme

*Tuesday, 12<sup>th</sup> March 2024*

*9.00 a.m. Richard Thomas takes your **reservations** in the “Ferienecke”.*

*10.30 a.m. **E-Bike tour** with Heinz Braun: “Through the northern Black Forest”*



*Join Heinz Braun on an electric bike tour through the stunning landscapes of the Black Forest. Discover more prospects of your holiday location by driving over unfrequented paths, passing idyllic meadows, where the fauna and flora is still wild and allow yourself to be subjugated by the panoramas and unique views over the villages and forests of the “Murg valley”. Distance: 45 km. Return: approx. 3.00 p.m. Meeting point: “Bareiss Aktiv”. Please make a reservation by 9.30 a.m. and kindly note that a minimum age of 14 years is required to participate.*

*10.45 a.m. **Romantic coach trip** through the valleys of Baiersbronn with Bernhard*



*Wanke. The Black Forest enjoys more hours of sunshine per year than any other part of Germany. Baiersbronn and its nine sub-communities are implanted in a landscape whose beauty and variety are unique. Cost: € 40. - (children: € 20.-). Return: 12.45 p.m. Meeting point: “Gästetreff”. The trip will only take place if the forest roads are safe. We kindly ask for your reservation by 9.30 a.m.*

*12.30 p.m. **Theme walk to the nostalgic coffee break in our Morlokhof** with Peter*



*Finkbeiner. During the walk he will tell you interesting stories about the countryside and its people. At the Morlokhof, you can have a look around the farm. Later we'll have a piece of wonderful self-made cake like in granny's times. Today as guest: herbs expert Brigitte Heinz. Meeting point for the walk: hotel entrance. You have the option of being driven to the Morlokhof at 1.20 p.m. Meeting point for the transfer: “Gästetreff”. Return with the hotel bus at approx. 3.30 p.m. or individually by foot. Please make a reservation by 10.00 a.m. and note that the minimum number of participants is five persons.*

*1.30 p.m. Welcome to the **afternoon tea**. Martin Böhm will entertain you musically from 3.30 p.m.*

*7.00 p.m. We pamper you with our **Bareiss Gourmet Menu** and our large **Dessert-Buffer**. Enjoy your dinner!*

*9.00 p.m. **Live music** in the evening in our **hotel bar** with Martin Böhm.*

# Your Holiday Programme

Wednesday, 13<sup>th</sup> March 2024

9.00 a.m. Richard Thomas takes your **reservations** in our “Ferienecke”.

11.00 a.m. **Walk** with forester Hermann Rastetter:

„Geology trail from Ruhestein to Mitteltal”



We start at the heart of the natural park – the Ruhestein – at an altitude of 900 metres. From there we begin our geology tour, always going downhill. Accompanied by the brown trout, we will follow the course of the river “Rotmurg” where over 30 info boards are explaining the wide-ranging geological specificities of this valley. Distance: 12 km. Walking speed: 3.5 km/h, medium level. Return: approx. 3.30 p.m. Meeting point: “Gästetreff”. Please make your reservation by 10.00 a.m.

11.00 a.m. **Guided hotel tour**. Duration: about one hour. Meeting point: “Ferienecke”.

11.00 a.m. **Veteran car tour** with Peter Finkbeiner:

“Baden-Baden”



The historic thermal city Baden-Baden attracts with extraordinary walks and many parks and gardens. The “Kurhaus” and the wonderful “Lichtentaler Allee” are all equally worth seeing. Costs: € 30.-. Return: approx. 5.30 p.m. Meeting point: hotel entrance. Please note the minimum number of participants is two persons. Please make your reservation by 10.00 a.m.

11.30 a.m. **Interesting wine cellar tour**. Dive into the world of wine and take a look at our rarest wine bottles. Duration: approx. 30 min. Meeting point: wine cellar. Please make a reservation by 10.00 a.m. and note that the guided tour will be in German language.

1.30 p.m. Welcome to the **afternoon tea**. Walter Bayerlein will entertain you musically from 3.30 p.m.

6.00 p.m. **Classical concert** in our library: Enjoy an evening full of the musical sounds of great works by important composers, presented by Stuttgart University of Music students Flavius Wagner and Henrik Pfeffer on the guitar and Gloria Wagner on the violin. Begin the evening with a glass of sparkling wine - enjoy the evening and we kindly ask you for your reservation.



7.00 p.m. We pamper you with our **Bareiss Gourmet Menu**. Enjoy your dinner!

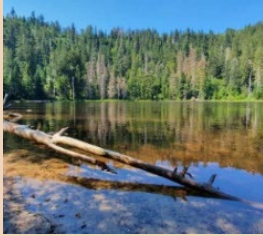
9.00 p.m. **Live music** in the evening in our **hotel bar** with Walter Bayerlein.

# Your Holiday Programme

Thursday, 14<sup>th</sup> March 2024

9.00 a.m. Richard Thomas takes your *reservations* in our “Ferienecke”.

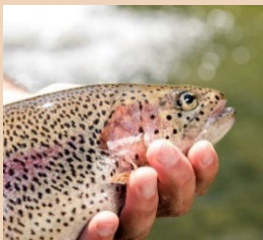
10.45 a.m. *Guided tour through the National Park: “Under the spell of the wild lake”*



Since 1911 a reserve has been established in the area around the wild lake. This area is the oldest protected area of the State of Baden-Wuerttemberg and an as much special as important place for the National Park. For over 100 years during every season, the unique and enchanting atmosphere of an emerging “wilderness”. Distance: 5 km. Walking speed: 2.0 km/h, medium level. Return: approx. 2.30 p.m. Meeting point: “Gästetreff”. Please make your reservation by 10.00 a.m.

1.30 p.m. Welcome to the *afternoon tea*. Walter Bayerlein will entertain you musically from 3.30 p.m.

2.15 p.m. *Guided tour of the fish farm at Forellenhof Buhlbach*. Our fish farmers will



welcome you at Forellenhof Buhlbach and give you interesting insights into our trout farm. Learn more about our four trout species, as well as the new production facility. Duration: approx. 60 minutes. Return: approx. 3.45 p.m. Meeting point: “Gästetreff”. Please make your reservation by 12.00 p.m. and note that the guided tour will be in German language.

4.30 p.m. *Wine tasting* with Sommelier Teoman Mezda:

“Get to know organic and biodynamic wines

Today you get the exclusive opportunity to take a look at one of the sanctuaries of the hotel: the wine cellar with all its noble bottles. Costs: € 35.- per person. Duration: approx. 90 min. Meeting point: Wine cellar. Please make your reservation by 12.00 p.m.

6.30 p.m. *Evening at the Morlokhof*. After an aperitif, we serve a seasonal and



regional menu in an original, almost mystic, atmosphere. We will also surprise you with an exclusive program appropriate to its history and its charm. Charge for hotel guests with the Culinary Day: € 69.-. Bus transfer: 6.15 p.m. at the hotel entrance. Please make a reservation at the reception and note that the program will be in German language.

7.00 p.m. We pamper you with our *Bareiss Gourmet Menu*. Enjoy your dinner!

9.00 p.m. *Live music* in the evening in our *hotel bar* with Walter Bayerlein.



# Your Holiday Programme

Friday, 15<sup>th</sup> March 2024

9.00 a.m. Benedikt Barth takes your *reservations* in our “Ferienecke”.

11.00 a.m. *Walk* with Ulli Schmelzle: “To the Wolkenhütte”



This highly varied circular walk starts at the Tourist Information Office in Obertal. It takes us some way along the old “Rotmurgschanze” over the “Kraftenbuckel” and the “Röhrsberghalde” to the “Wolkenhütte”. Here you have an impressive view from of the “Upper Murg Valley” all the way to Baiersbronn. Distance: 9 km. Walking speed: 3.5 km/h, medium level. Return: approx. 3.00 p.m. Meeting point: “Gästetreff”. We feel impelled to request your reservation by 10.00 a.m.

11.00 a.m. *Guided hotel tour*. Duration: about one hour. Meeting point: “Ferienecke”.

12.00 p.m. *Veteran car tour* with Roland Gaiser:

“Through the rustic Schapbach Valley to the monks”



Roland Gaiser will take you through the rustic and romantically wild “Schapbach Valley”. During a roughly two-hour stop in Alpirsbach, you will have the opportunity to either visit a monastery, take a tour of the beer brewery with a tasting or have a relaxed stroll. Cost: € 30.- without admission fees. Return: approx. 5.00 p.m. Meeting point: hotel entrance. Please note the minimum number of participants is two persons. Please make your reservation by 10.00 a.m.

1.30 p.m. Welcome to the *afternoon tea*. Martin Böhm will entertain you musically from 3.30 p.m.

4.30 p.m. *Hotel stories* with Hermann Bareiss:

“From the past, present and future”



Get to know patron Hermann Bareiss personally in the cosy atmosphere of the “Dorfstuben”. He tells hotel stories from the present: a look back at 70 years of hotel history as well as an outlook into the future are of course not to be missed. Meeting point: “Dorfstuben”. Duration: approx. one hour. We feel impelled to request your reservation by 3.00 p.m. and please note that the narration will be in German language

7.00 p.m. We pamper you with our *Bareiss Gourmet Menu*. Enjoy your dinner!

9.00 p.m. *Live music* in the evening in our *hotel bar* with Martin Böhm.



# Your Holiday Programme

*Saturday, 16<sup>th</sup> March 2024*

*9.00 a.m. Richard Thomas takes your **reservations** in our “Ferienecke”.*

*10.30 a.m. **E-Bike tour** with Heinz Braun:*

*“The Seibelseckle and its surroundings”*

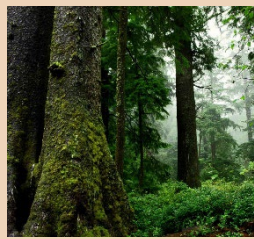


*We start our tour in Mitteltal and cycle along the “Murg” through Obertal. From there we pedal a little bit harder because we are ascending to Ruhestein, whereby we are supported by a strong but inconspicuous electric motor. Arriving at the top, we have climbed about 250 meters in altitude. The slight effort is rewarded by the fantastic views. The return route takes us along the beautiful high path back to Ruhestein, then down into the wild and romantic “Murg valley” and back to the Hotel Bareiss in Mitteltal. Distance: 50 km. Return: 3.30 p.m. Meeting point: bicycle cellar. Please make your reservation by 10.00 a.m. and note that the minimum age of 14 years is required.*

*10.45 a.m. **Boccia** with Annalena Schneider. Duration: approx. 30 min. Meeting point: “boccia alley”. Please make your reservation by 10.00 a.m.*

*11.00 a.m. **Walk** with nature pedagogue Martin Steudinger:*

*“To the grandfather fir”*



*Via the “Rosenweg” we walk up the “Kienberg”, the local mountain of Freudenstadt with a beautiful view of the town. Passing the weather station and the “Friedrich” tower, we walk through Freudenstadt’s famous “Plenterwald” forest to the impressive “Großvatertanne”. Via the “Agnesruhe” and the “Waldcafe” we return to the starting point. Distance: 7,5 km. Walking speed: 3,5 km/h, easy level. Return: approx. 2.00 p.m. Meeting point: “Gästetreff”. Please make your reservation by 10.00 a.m.*

*1.30 p.m. Welcome to the **afternoon tea**. Sven Schork will entertain you musically from 3.30 p.m.*

*3.00 p.m. **Guided hotel tour**. Duration: about one hour. Meeting point: “Ferienecke”.*

*7.00 p.m. **Family Bareiss** welcomes you to the exclusive **Bareiss Gala Menu** in the reception hall – we look forward to welcoming you in elegant evening clothing!*

*9.00 p.m. **Live music** in the evening in our **hotel bar** with Sven Schork.*

# Bareiss KeepFit Programme

| Monday  | Tuesday  | Wednesday  |
|---|--|--|
| 8.00 a.m.<br><b>Water gymnastics</b><br>Approx. 30 min.          | 8.00 a.m.<br><b>Water gymnastics</b><br>Approx. 30 min.                                    | 8.00 a.m.<br><b>Water gymnastics</b><br>Approx. 30 min.                   |
| 9.00 a.m.<br><b>Whole body training</b> <br>Approx. 30 min.      | 9.00 a.m.<br><b>Relaxation exercises</b><br><b>"The five Tibetans"</b><br>Approx. 30 min.  | 9.00 a.m.<br><b>Yoga:</b><br><b>"Morning routine"</b><br>Approx. 30 min.  |
|   |  |  |
|   |  |  |
|   |  |  |
| 3.15 p.m.<br><b>Exercises for the back</b> <br>Approx. 30 min. | 3.15 p.m.<br><b>Progressive muscle relaxation</b><br>Approx. 30 min.                     | 3.15 p.m.<br><b>Stretch &amp; Relax</b><br>Approx. 30 min.              |
|   |  |  |
| 4.00 p.m.<br><b>Finish Sauna Infusion</b> <br>Approx. 10 min.  | 4.00 p.m.<br><b>Finish Sauna Infusion</b> <br>Approx. 10 min.                            | 4.00 p.m.<br><b>Finish Sauna Infusion</b> <br>Approx. 10 min.           |
| 5.00 p.m.<br><b>Finish Sauna Infusion</b> <br>Approx. 10 min.  | 5. 00 p.m.<br><b>Finish Sauna Infusion</b> <br>Approx. 10 min.                           | 5.00 p.m.<br><b>Finish Sauna Infusion</b> <br>Approx. 10 min.           |
|  <b>Movement</b>   |  <b>Strength</b>  |  <b>Relaxation</b>  |



# Bareiss KeepFit Programme

| Thursday  | Friday   | Saturday   |
|---|--|--|
| <p>8.00 a.m.</p> <p><b>Water gymnastics</b></p> <p>Approx. 30 min.</p>                                   | <p>8.00 a.m.</p> <p><b>Water gymnastics</b></p> <p>Approx. 30 min.</p>         | <p>8.00 a.m.</p> <p><b>Water gymnastics</b></p> <p>Approx. 30 min.</p>                  |
| <p>9.00 a.m.</p> <p><b>Relaxation exercises:</b><br/><b>“Sun salutation”</b></p> <p>Approx. 30 min.</p>  | <p>9.00 a.m.</p> <p><b>Tabata Training</b></p> <p>Approx. 30 min.</p>          | <p>9.00 a.m.</p> <p><b>High Intensity Interval Training</b></p> <p>Approx. 30 min.</p>  |
|   |  |  |
|   |  |  |
|   |  |  |
| <p>3.15 p.m.</p> <p><b>Stretching</b></p> <p>Approx. 30 min.</p>                                       | <p>3.15 p.m.</p> <p><b>Yoga for the back</b></p> <p>Approx. 30 min.</p>      | <p>3.15 p.m.</p> <p><b>Fasciae training</b></p> <p>Approx. 30 min.</p>                |
|   |  |  |
| <p>4.00 p.m.</p> <p><b>Finish Sauna Infusion</b></p> <p>Approx. 10 min</p>                             | <p>4.00 p.m.</p> <p><b>Finish Sauna Infusion</b></p> <p>Approx. 10 min.</p>  | <p>4.00 p.m.</p> <p><b>Finish Sauna Infusion</b></p> <p>Approx. 10 min.</p>           |
| <p>5.00 p.m.</p> <p><b>Finish Sauna Infusion</b></p> <p>Approx. 10 min.</p>                            | <p>5.00 p.m.</p> <p><b>Finish Sauna Infusion</b></p> <p>Approx. 10 min.</p>  | <p>5.00 p.m.</p> <p><b>Finish Sauna Infusion</b></p> <p>Approx. 10 min.</p>           |

*Please wear sports clothing for the sports courses in the gymnastic room.*

# *Your Holiday Programme*

*Your personal host*

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*He knows how to help Bareiss guests: Kai Schmalzried,  
the great-nephew of Hermine Bareiss,  
your very personal host.*

*You want to know what the young man does at the hotel?*

*Well, Kai Schmalzried, nephew of Hermann Bareiss and cousin of Hannes Bareiss,  
is the hotel's pleasant and always obliging "libero"  
who welcomes guests on arrival and says goodbye when they leave again.  
With Kai Schmalzried, guests are in the family's best hands from start to finish.*

*And in the days that lie between arrival and departure, the Düsseldorf-born qualified  
hotel specialist, who has worked as a receptionist in London and Switzerland,  
provides individual support for individual guests. Receives your criticisms, requests  
and suggestions. Organises individual excursions, walking tours and events.*

*The Bareiss family and the Bareiss Team  
wish you a pleasant and relaxing stay!*

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