

## 2026 Easter guest program

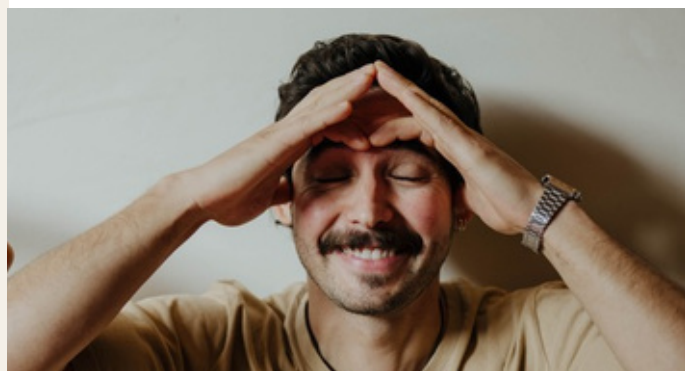
The beautiful views and the deep blue waters of Lake Traunsee – spring fills the air with fresh energy and invites you to relax at Das Traunsee – Das Hotel zum See. With our variety of activities, every visit becomes something truly memorable.

And the coolest thing is: Both the Traunsee hotel and the hotel Post am See provide fresh views and amazing adventures. Our Easter experience program encourages you to explore the highlights from all Gröller Hospitality places – just for guests of these two hotels.

# Wellness experiences

## Yoga – For Everyone

Discover harmony and tranquility in a restorative yoga class that welcomes everyone, no matter their experience. Soft movements, smooth breathing exercises, and soothing stretches bring together your body and mind. It's a moment to feel light and recharge your energy.



## Face Yoga

Face yoga is a gentle way to wake up and relax your facial muscles. These mindful exercises help get your blood flowing, strengthen your muscles, and boost your skin's natural glow. It's a soothing practice that brings together inner calm and outer freshness – just right for a refreshing break.

## Pilates - For Everyone

Gentle but strong movements link your body and mind, creating a sense of stability. Mindful exercises for your core and posture help you find balance, boost your energy, and discover inner peace. It's a calming hour that melts away tension, strengthens your back, and brings a feeling of lightness – perfect for kicking off the new year feeling centered and full of energy.



## Cocoa ceremony “Fresh start at Easter”

Easter is all about new beginnings and fresh energy! This cacao ceremony is a wonderful chance for you to take a moment, release what you don't need, and connect with the spirit of spring. The warm ritual of cacao helps to open your heart, making room for gratitude, clarity, and a gentle start to a brand new cycle.

## Breathwork – “Awakening of Spring”

A guided breathwork adventure that brings in fresh energy and helps us welcome the arrival of spring. By focusing on our breathing, we let go of the winter's weight, boost our inner clarity, and awaken a sense of new vitality – leading to more lightness, openness, and exciting inspiration.



# Culinary Experiences

## How to Negroni

Learn from the best! Marcus Volsa, the head bartender at Belétage, which proudly received the "Opening of the Year" title in the Falstaff Bar Guide 2025, will teach you how to whip up the perfect Negroni with a fun festive twist. In this special cocktail workshop, you'll uncover all the secrets to making your Negroni the star of any celebration.



## How to Kaiserschmarrn

Head chef Stefan Griessler is excited to share the magic of creating fluffy Kaiserschmarrn with you – baked to a lovely golden brown, carefully flipped, and enjoyed together at the end. You'll also get to sip on a shot of plum brandy while listening to delightful stories from the kitchen of the Poststube. A delightful experience for all your senses – friendly, lovely, and absolutely tasty.

## Herb stroll

Join our amazing culinary experts on a fun adventure exploring the beautiful nature around Lake Traunsee. Discover local wild herbs and their wonderful healing properties as we go along!

We come together to smell, taste, and share old wisdom along with new ideas. It's a delightful experience for all your senses that helps you feel rooted and connected to the amazing power of nature.



## "The Fisherman & the Cook"

Dive into the delicious culinary scene of Lake Traunsee! Chefs led by Lukas Nagl, along with a skilled fisherman, share their insights on local fish culture, how to fillet, and tips for preparation. To top it all off, enjoy a tasting of the freshest catch of the day!

## Easter egg tapping contest

A classic Easter fun activity for guests at both hotels: Egg tapping, where everyone goes head-to-head in friendly duels. Two eggs are gently tapped together at the ends, and the egg that stays unbroken moves on to the next round. This keeps going until the toughest egg is crowned. A cheerful get-together with delicious Easter treats creates the perfect atmosphere.



# Culinary Experiences

## Schnapps stories

Come savor some delightful regional schnapps with Wolfgang Gröller and hear captivating, funny tales about the schnapps-making tradition in the Salzkammergut region. It's an evening filled with fun and enjoyment that will warmly welcome you into the culture of the area. You can also buy the tasty schnapps to take home!



## “Smoking Fish” – Tasty Adventure

Experience the true Salzkammergut tradition right by the beautiful Lake Traunsee! With the help of our local culinary experts, you'll discover the wonderful art of fish smoking – using freshly caught fish in the smokehouse, just like it's been done for many years. Afterward, we'll savor this delicious specialty along with a refreshing drink. The delightful aroma, the crackling sounds, and the amazing taste – it's a treat for all your senses, all while enjoying the stunning view of the Traunstein mountain.

# Cultural Experiences

## Adventure to the plateau with Wolfgang Gröller

Enjoy a soothing boat ride on Lake Traunsee in a classic Traunsee-Plätte – a flat-bottomed wooden boat that's been around for ages. With tales from the area to accompany you, you'll see the stunning scenery in a whole new light. A thoughtfully chosen drink on board makes the experience even better.



## “Within Traunkirchen”

Explore the lovely Traunkirchen and come along with us on a special tour of this delightful village. Take in the stunning views of Lake Traunsee and soak up the unique vibe. It's a wonderful chance to experience Traunkirchen all over again!

## Easter Services in Traunkirchen

The heartfelt Easter Masses at the parish church of Maria Krönung are a wonderful highlight of the Easter season. Nestled in a historic setting with the renowned fisherman's pulpit, the Easter message comes alive in these beautiful services. Joyful music and local traditions create a truly remarkable atmosphere for the Masses.



# Our special moment

## Easter picnic

A carefully packed hiking backpack or picnic basket for two, filled with local treats, invites you to enjoy a wonderful Easter picnic in the great outdoors. Whether by the lake, in a sunny spot, or up in the mountains – the fresh goodies turn every break into a special moment.

You can find great route recommendations! Just ask, and they'll be provided to you at The day before at the front desk.

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