

DAS TRAUNSEE
Das Hotel zum See

Winter program 2026/27

Experiences for our guests

Clear winter air, tranquil landscapes and the deep blue of Lake Traunsee invite you to experience the cold season at its most beautiful – at Das Traunsee – Das Hotel zum See.

A diverse range of guest experiences ensures that every stay becomes something truly special.

Gröller Hospitality's properties open doors to special moments and invite you to discover culinary, cultural, and winter highlights. To secure your participation in these guest experiences, we gladly accept your registrations when you make your reservation.

We look forward to accompanying you through an enjoyable and varied winter season at Lake Traunsee.

Gröller family
and the entire team

DAS TRAUNSEE
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Friday, December 18

- Breathwork Post am See | Yoga Room | 8:30-9:30 am
- Traditional boat ride Das Traunsee | Lake Harbour | 3:00-4:00 pm

Saturday, December 19

- Guided tour of the Wunderkammer Post am See I Reception I 10:00-11:00 am
- How to Negroni Post am See I Bar Belétage | 4:00-5:00 pm | EUR 15.00 per person

Sunday, December 20

- Ice bathing - guided experience Traunkirchen peninsula | Yoga Room Post am See | 8:30-9:30 am
- Inside Traunkirchen with hotel manager Wolfgang Gröller Post am See | Reception | 10:00-11:00 am

Monday, December 21

- Morning Mobility Post am See I Yoga Room I 08:30-09:30 Uhr
- Cacao Ceremony Post am See | Yoga Room | 11:00-12:00 | EUR 25.00 per person
- Culinary Experience “The Fish & the Chef” Post am See | Kitchen Counter Belétage | 4:00-5:00 pm

Tuesday, December 22

- Mindful Movement Post am See | Yoga Room | 8:30-9:30 am

Wednesday, December 23

- Breathwork Post am See | Yoga Room | 8:30-9:30 am
- Culinary Experience “How to Kaiserschmarrn” Post am See I Kitchen Counter Belétage | 3:00-4:00 pm
- Guided torchlight hike with schnapps Post am See | Reception | 5:00-6:00 pm

Thursday, December 24

- Yin Yoga – All Levels Post am See | Yoga Room | 11:00 am - 12:15 pm
- Christmas party with Salzkammergut music for guests of both hotels Post am See | 2:30-4:00 pm
- Children's Mass Traunkirchen Parish | 4:00 pm
- Christmas Dinner & Aperitif Post am See | Belétage | 6:30 pm | Additional charge applies
- Christmas Mass with brass players from the local marching band Traunkirchen Parish | 11:00 pm

Friday, December 25

- Morning Mobility Post am See I Yoga Room I 08:30-09:30 am
- Christmas Day Mass Traunkirchen Parish | from 9:30 am
- Culinary Experience “Fish smoking” Post am See I Kitchen Counter Belétage I 3:00-4:00 pm
- How to Negroni Post am See I Bar Belétage | 4:00-5:00 pm | EUR 15.00 per person

Saturday, December 26

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 am
- Culinary Experience “Störibrot - Enjoyment & Tradition” Das Traunsee I 3:00-4:00 pm
- Orphans under the Christmas tree with punch, cookies and Krambamperl Post am See | 4:30-5:30 pm
- Get-together with curling Post am See | Punch hut | 5:30-7:00 pm

*For all experiences, please register at reception;
Guest Experiences are subject to change in terms of time, location and content.

Sunday, December 27

- Ice bathing - guided experience Traunkirchen peninsula | Meeting point: Yoga Room Post am See | 8:30-9:30 am
- Inside Traunkirchen with hotel manager Wolfgang Gröller Post am See | Reception | 10:00-11:00 am
- Culinary Experience “The Fish & the Chef” Post am See | Kitchen Counter Belétage | 3:00-4:00 pm
- Non alcoholic drinks tasting Post am See I Poesiezimmer Belétage I 4:00-5:00 pm I € 25,00 pro Person

Monday, December 28

- Cacao Ceremony Post am See | Yoga Room | 11:00 am-12:00 pm | EUR 25.00 per person
- Culinary Experience “Miso Masterclass” with Lukas Nagl Das Traunsee | 3:00-4:00 PM
- Schnapps Stories from the Sammerhof Distillery Post am See | Social Wine Bar | 8:00-9:00 PM

Tuesday, December 29

- Mindful Movement Post am See I Yoga Room I 08:30-09:30 am
- Culinary Experience “How to Kaiserschmarrn” Post am See I Kitchen Counter Belétage | 3:00-4:00 pm
- Wine Experience Post am See I Poesiezimmer Belétage | 4:00-5:00 pm | EUR 25.00 per person

Wednesday, December 30

- Morning Mobility Post am See I Yoga Room I 08:30-09:30 am
- Nativity scene tour in Traunkirchen with Wolfgang Gröller Post am See | Reception | 10:00-11:00 am
- Small New Year's Eve celebration with sausages and music by the Dampfplauderer band Poststube 1327 | from 2:30 pm

Thursday, December 31

- Yin Yoga – All Levels Post am See | Yoga Room | 11:00 am - 12:15 pm
- Grilled fish on sticks Das Traunsee | 3:00-4:00 pm
- Old year’s devotion Traunkirchen parish | 4:00 pm
- New Year's Eve Gala Dinner Das Traunsee I from 6:00 pm | for an additional charge
- New Year's Eve Dinner with live music Belétage I from 6:00 pm | for an additional charge
- New Year's Eve à la carte Poststube 1327 | ganztags

Friday, January 1st

- New Year's breakfast
- Ice bathing - guided experience Traunkirchen peninsula | Yoga Room Post am See | 8:30-9:30 am
- Boat trip on Lake Traunsee Meeting point at the boat dock by the monastery | 3:30 PM – 5:00 PM

Saturday, January 2nd

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 am
- Guided tour of the Wunderkammer Post am See I Reception I 10:00-11:00 am
- Culinary Experience “Miso Masterclass” with Lukas Nagl Das Traunsee | 3:00-4:00 PM
- How to Negroni Post am See I Bar Belétage | 4:00-5:00 pm | EUR 15.00 per person
- Get-together with curling Post am See | Punch hut | 5:30-7:00 pm

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Sunday, January 3

- Mindful Movement Post am See I Yoga Room I 08:30-09:30 am
- Inside Traunkirchen with hotel manager Wolfgang Gröller Post am See | Reception | 10:00-11:00 am
- Non alcoholic drinks tasting Post am See I Poesiezimmer Belétage I 4:00-5:00 pm I EUR 25,00 pro Person

Monday, January 4th

- Breathwork Post am See | Yoga Room | 8:30-9:30 am
- Nativity scene tour in the region with Wolfgang Gröller Post am See | Reception I 1:00–4:00 pm
- Culinary Experience “The Fish & the Chef” Post am See | Kitchen Counter Belétage | 4:00-5:00 pm
- Schnapps Stories from the Sammerhof Distillery Post am See | Social Wine Bar | 8:00-9:00 pm

Tuesday, January 5th

- Morning Mobility Post am See I Yoga Room I 08:30-09:30 am
- Culinary Experience “Baking Glöcklerkrapfen” Das Traunsee | 3:00-4:00 pm
- Wine Experience Post am See I Poesiezimmer Belétage | 4:00-5:00 pm | EUR 25.00 per person
- Glöcklerlauf Ebensee at 6:00 pm | Klosterplatz Traunkirchen at 6:00 pm | Waldcampus at 10:00 pm

Wednesday, January 6th

- Mindful Movement Post am See I Yoga Room I 08:30-09:30 am

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Wellbeing Experiences

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Yoga – All Levels

Find balance and inner peace in a restorative yoga class suitable for all experience levels. Gentle movements, flowing breathing exercises, and relaxing stretches harmonize body and mind. A break where lightness and renewed energy arise.





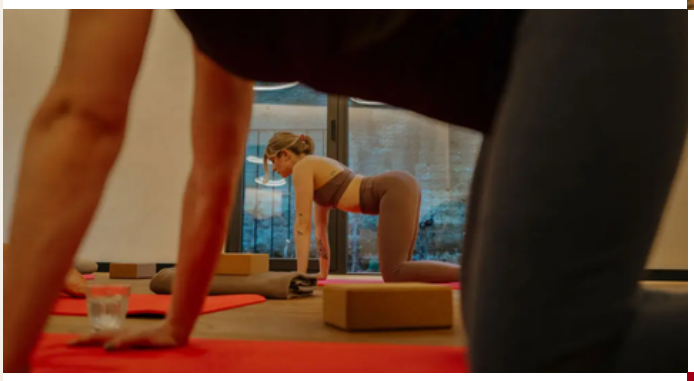
Yin Yoga - All Levels “Letting Go & Recharging”

A gentle 75-minute practice for arriving, breathing deeply, and relaxing. By holding the poses for an extended period, the connective tissue is stretched, tension is released, and the mind becomes calm.
Especially during the darker months, Yin Yoga provides new energy and a deep sense of inner balance. Suitable for all levels.

Pilates

Gentle yet powerful movements connect body and mind, providing stability. Conscious exercises for core and posture promote balance, energy, and inner peace. A soothing hour that releases tension, strengthens the back, and brings lightness – ideal for starting the new year centered and energized.



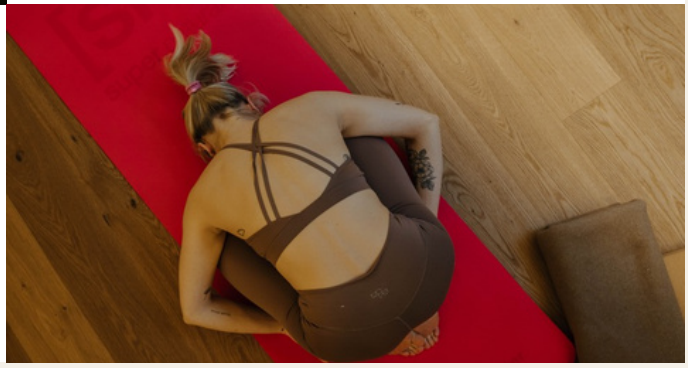


Morning Mobility

Start your day feeling flexible and relaxed!
Dynamic stretching and mobilization exercises for everyone to activate the body, release tension, and improve flexibility. A final 5-minute relaxation session ensures a calm and energized start to the day.

Mindful Movement

Conscious movement, flowing breath, and a moment entirely for yourself. Mindful Movement combines gentle exercises with focused awareness. A beneficial break that harmonizes body and mind, provides new energy, and promotes inner balance.



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Wellbeing Experiences

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Breathwork – “Letting go & inviting in new things at the end of the year”

The holidays and the time between Christmas and New Year's invite you to pause and consciously arrive in the present moment. In our guided Breathwork Journeys, breath and music create space to reflect on the past year, release tension, and connect with yourself.





Cocoa ceremony “Gratitude & new visions”

A comforting ritual for the holidays and the time between Christmas and New Year's: Our cacao ceremonies invite you to find peace and acknowledge the past year with gratitude – the beautiful moments as well as the experiences and challenges that have brought growth. Accompanied by ceremonial cacao, meditation, and conscious reflection, space is created to listen to your inner self and open yourself to new possibilities.

Ice swimming in Lake Traunsee

Start your day with a real energy boost! Ice bathing strengthens the immune system, provides mental clarity, and an invigorating feeling that lasts all day. Experience the soothing cold in the crystal-clear waters of Lake Traunsee against a breathtaking backdrop – an invigorating and awakening experience.



Cultural Experiences



Curling

A winter get-together in a relaxed atmosphere: Curling invites you to a playful gathering where joy, lightheartedness, and shared experiences take center stage. Open to all guests and ideal for a convivial afternoon outdoors. Guided tournaments are held on certain days.

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Cultural Experiences

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Guided torchlight hike with schnapps

Experience the magic of an evening hike by torchlight and discover the winter landscape bathed in soft light. Along the way, a traditional schnapps will provide warmth and well-being. An experience that perfectly combines community and winter wonderland.





“Inside Traunkirchen” with Wolfgang Gröller

Discover picturesque Traunkirchen and join us on a unique tour through this charming village. Enjoy the beauty of Lake Traunsee and the special atmosphere. An unforgettable opportunity to rediscover Traunkirchen.

Cabinet of curiosities in Traunkirchen Monastery

A room full of treasures and curiosities opens up new perspectives on the world. In the "cabinet of curiosities" designed by Markus Wennerhold together with Wolfgang Gröller, extraordinary finds are encountered – from Japanese spider crabs to fascinating natural and cultural objects.





Krambamperl burning with Wolfgang Gröller

A traditional ritual from the Salzkammergut region, where fiery grain brandy is lit in a convivial gathering. Hotel owner Wolfgang Gröller recounts stories of this ancient custom. An experience full of warmth, history, and community – ideal for the cold season.

Nativity scene tour in Traunkirchen, Ebensee & Altmünster

Experience the tradition of the Nativity Scene Tour in the Salzkammergut region: Host Wolfgang Gröller leads you to the most beautiful nativity scenes. Artfully crafted scenes enchant and create a contemplative atmosphere. A hike that warms the heart and soul and brings you closer to local customs.



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Culinary Experiences

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How to Negroni

Exclusive cocktail experience:
Marcus Volsa, head bartender at Belétage, demonstrates how to create the perfect Negroni with a festive twist. This makes the Holiday Negroni a special highlight of any celebration.





Wine Experience

Immerse yourself in the world of Austrian wines: Katharina Gnigler, Gault Millau "Sommelier of the Year 2025," showcases unique grape varieties and their aromas. Discover regional specialties and the stories behind the wines. An experience that perfectly combines enjoyment and knowledge.

Schnapps Stories

Sample fine regional schnapps with distiller Christian Brunner from the Sammerhof and hear stories about the schnapps-making tradition in the Salzkammergut region. An evening full of enjoyment and entertainment that charmingly conveys the region's culture. All schnapps will be available for purchase afterwards.





The fish & the cook

A culinary glimpse into the fish culture of Lake Traunsee, led by head chef Max Deuker and his team. Valuable tips on the art of filleting and preparing freshly caught fish bring the local cuisine to life in a unique way. As a highlight, a small tasting of the day's catch from Lake Traunsee completes the culinary experience.

How to make Kaiserschmarrn

Head chef Stefan Griessler demonstrates how to make the perfect Kaiserschmarrn: baked golden brown, lovingly flipped, and finally tasted together. This is accompanied by a glass of white wine and stories from the Poststube kitchen. A feast for all the senses – approachable, charming, and truly delicious.





Other Culinary Experiences

Under the direction of Lukas Nagl, culinary experiences full of knowledge, enjoyment, and inspiration are created. These experiences usually take place in the afternoon and offer insights into creative everyday ideas and refined specialties.

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Exclusive experiences in the region

Guided snowshoe hike

For those who want to actively experience the beauty of the Salzkammergut region, we recommend a guided snowshoe hike on the Feuerkogel – just 10 minutes by car from the hotel.
The trail leads through snow-covered forests and idyllic winter landscapes to special moments in nature and breathtaking views. Enjoy the peace and quiet together, breathe deeply, and experience winter at its most beautiful.
Snowshoes can be borrowed free of charge directly at the hotel. We are happy to arrange a guide for a fee upon request. We recommend booking in advance at reception.





Husky hike in Ebensee

The husky hike takes place in the Salzkammergut region and follows a gravel path alongside picturesque lakes. Around 25 Siberian Huskies live at the Huskytraum Ranch and accompany participants on the tour. The starting point is approximately 10-15 minutes by car from the hotel. Bookings can be made directly through huskytraum.at. The cost is approximately €60 per adult. Advance booking is required.

Winter experiences in the region

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Magical lights at Grünberg

The magical light display at Grünberg in Gmunden, just a 15-minute drive from the hotel, is a unique winter highlight, illuminating hundreds of thousands of soft lights and leaving visitors in awe. The Salzkammergut treetop path will be illuminated from November 26, 2026, to January 10, 2027, offering a magical atmosphere with fascinating light sculptures of mountain animals and a punch stand. The light display is open daily and offers an unforgettable experience for all ages.
Opening hours of the cable car: 12:30 - 20:30. Opening hours of the treetop path: 13:00 - 20:00. Tickets are purchased directly from the cable car holding company.





Winter boat trips on Lake Traunsee

Surrounded by snow-covered mountains and the tranquil atmosphere of the lake, every trip becomes an unforgettable experience. The winter landscape and picturesque villages around Lake Traunsee can be discovered from a truly unique perspective.

Period: December 26 - January 1 and January 5, 2027 Departure: Gmunden Duration: 1 hour

Insider tip: During Advent, scheduled boat trips are offered on Saturdays, Sundays, and public holidays, which also stop in Traunkirchen. Boat timetables are available at reception.



OFFER

CHRISTMAS DELIGHTS

Winter is all about peace and enjoyment. With the cold temperatures comes tranquility at Lake Traunsee. Enjoy a first-class gourmet menu on Christmas Eve and relax far away from the pre-Christmas stress.

Christmas by the lake – enjoy in style

4 nights in your chosen room category – all with balcony & lake view

- Enjoyable breakfast with regional specialties

Daily 4-course gourmet menu

- Festive 6-course gala menu on December 24th with aperitif in a convivial atmosphere.

This offer is limited and bookable subject to availability.
Additional nights can be booked at the best available daily rate.

- **Enjoy a stylish Christmas – inquire now at dastraunsee.at**

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