

DAS TRAUNSEE

Das Hotel
zum See

Festive program 2025

Magical Christmas experiences for our guests

Picturesque landscapes and the brilliant blue of Lake Traunsee make you want to spend unforgettable moments at Das Traunsee – Das Hotel zum See.

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

The Gröller Hospitality hotels open doors to special moments and invite you to discover culinary, cultural and festive highlights.

To ensure participation in the guest experiences, we are happy to accept registrations at the time of reservation.

We look forward to celebrating the festive season with you.

Gröller family
and the entire team



Friday, December 19

- Pilates – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Sound Healing with Singing Bowls Post am See | Yoga Room | 5:30-6:015 PM

Saturday, December 20

- Fascia training – All Levels Post am See | Yoga Room | 10:00-11:00 AM
- "How to Negroni – Holiday Edition" Bar Belétage | 4:00-5:00 PM | €15.00
- Guided tour of the Wunderkammer Monastery Meeting point reception at the Traunsee | 2:00-3:00 PM

Sunday, December 21

- Breathwork Session – "Breathing journey to end the year" Post am See | Yoga Room | 08:30-09:00 AM
- Spirits Stories from the Sammerhof Distillery Post am See | Social Wine Bar | 8:00–9:00 PM

Monday, December 22

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Cacao Ceremonie „Moments of stillness“ Post am See | Yoga Room | 11:00-12:00 Uhr | € 25,00
- Culinary Experience "The Fisherman & the Cook" Post am See | Kitchen Counter | 3:00-4:00 PM

Tuesday, December 23

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Gmunden Ceramics Manufactory Tour 10:30 AM and 01:00 PM | Duration 1h | €9.50 | Self-drive
- Culinary Experience "How to Kaiserschmarrn" Kitchen Counter Belétage | 3:00-4:00 PM
- Wine Experience - "Austria's Grape Varieties" Poetry Room Belétage | 4:00-5:00 PM | €25.00
- Guided torchlit hike with schnapps Das Traunsee | Reception | 5:00-6:00 PM

Wednesday, December 24

- Ice bathing Traunkirchen Peninsula | Meeting point Poststube 1327 | 8:00-9:00 AM
- Pilates – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Christmas party with Salzkammergut Music Post am See | 2:30-4:00 PM
- Children's Mass Traunkirchen Parish | 4:00 PM
- Gala dinner & shared aperitif Das Traunsee | 6:00 PM | For an additional charge
- Christmas Eve Mass with brass band Traunkirchen parish | 11:00 PM

Thursday, December 25

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Culinary Experience "Smoking and tasting fish" Kitchen Counter Belétage | 3:00-4:00 PM

Friday, December 26

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Culinary Experience Punsch hut Post am See | 4:30-5:30 PM
- Orphans under the Christmas tree with punch, cookies and Krambampferl Post am See | from 4:30 PM
- Get together with Ice stock sport at the Punch Hut Post am See | 5:30-6:30 PM

Saturday, December 27

- Ice bathing Traunkirchen peninsula | Meeting point: Poststube Post am See | 8:00-9:00 AM
- Visit of the Star Singers Das Traunsee 9:00 AM | Post am See 9:30 AM
- Fascia Training – All Levels Post am See | Yoga Room | 10:00-11:00 AM
- Culinary Experience “Miso-Soja Workshop” with Lukas Nagl Das Traunsee | 3:00-4:00 PM
- "How to Negroni – Holiday Edition" Bar Belétage | 4:00–5:00 PM | €15.00
- Sound Healing with Singing Bowls Post am See | Yoga Room | 5:30-6:15 PM

Sunday, December 28

- Breathwork – Breathing journey to end the year Post am See | Yoga Room | 8:30-9:30 AM
- Inside Traunkirchen Post am See | Reception | 10:00-11:00 AM
- Culinary Experience “Langos backen” with Esma Das Traunsee | 3:00-4:00 PM
- Schnapps Stories from the Sammerhof Distillery Post am See | Social Wine Bar | 4:00–5:00 PM

Monday, December 29

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Breathwork Session – "Breathing Journey to End the Year" Post am See | Yoga Room | 3:00-4:00 PM
- "The Fisherman & the Cook" - Culinary Experience Post am See | Kitchen Counter | 3:00-4:00 PM

Tuesday, December 30

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Kripplerloas in Traunkirchen with Wolfgang Gröller Post am See | 10:00-11:00 AM
- Cacao Ceremony "Gratitude at the End of the Year" Post am See | Yoga Room | 11:00–12:00 AM | €25.00
- Small New Year's Eve with sausages and music from the Dampfplauderer Poststube 1327 | from 2:30 PM

Wednesday, December 31

- Pilates – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Yin Yoga Post am See | Yoga Room | 2:00 - 3:15 PM
- Grilling fish on a stick Das Traunsee | Meetingpoint Reception | 3:00 -4:00 PM
- New Year's Eve Service Traunkirchen Parish | 4:00 PM
- New Year's Eve Gala Das Traunsee | for an additional charge

Thursday, January 1

- New Year's breakfast
- New Year's swim Lake Traunsee | Meeting point Poststube Post am See | 11:00-12:30 AM
- Boat trip on Lake Traunsee | Meeting point boat landing station at the monastery | 2:45 PM – 4:00 PM
- Culinary Workshop “Eating Pig's Head & Casting Wax” Kitchen Counter Belétage | 3:00-4:00 PM
- New Year's singing during dinner

Friday, January 2

- Pilates – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Guided tour of the Wunderkammer Monastery Meeting point reception at the Traunsee | 11:00-12:00 AM
- Culinary Workshop "How to Kaiserschmarrn" Kitchen Counter Belétag | 3:00-4:00 PM
- Sound Healing with Singing Bowls Post am See | Yoga Room | 5:00-6:00 PM

Saturday, January 3

- Fascia training – All Levels Post am See | Yoga Room | 10:00-11:00 AM
- Breathwork Session – "Visions for the New Year" Post am See | Yoga Room | 2:00-3:00 PM
- Culinary Experience "Smoking and tasting fish" Kitchen Counter Belétag | 3:00-4:00 PM
- "How to Negroni – Holiday Edition" Bar Belétag | 4:00–5:00 PM | €15.00
- Ice stock sport at the Punch Hut Post am See | 5:00-6:00 PM

Sunday, January 4

- Ice bathing Traunkirchen Peninsula | Meeting point Poststube | 8:00-9:00 AM
- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Inside Traunkirchen with Wolfgang Gröller Hotel Post am See | Reception | 10:00-11:00 AM
- Kripperlroas in the region with Wolfgang Gröller Hotel Post am See | 2:00–5:00 PM
- "The Fisherman & the Cook" - Culinary Experience Post am See | Kitchen Counter Belétag | 3:00-4:00 PM
- Wine Experience - "Austria's Grape Varieties" Seestube Das Traunsee | 4:00-5:00 PM | €25.00
- Schnapps Stories from the Sammerhof Distillery Post am See | Social Wine Bar | 8:00–9:00 PM

Monday, January 5

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Guided Tour of the Chamber of Wonders Traunkirchen Monastery | Reception Das Traunsee | 10:00-11:00 AM
- Cacao Ceremony "Visions for the New Year" Post am See | Yoga Room | 11:00-12:00 AM | €25.00
- Culinary Experience "Glöcklerkrupfen" Post am See | Poststube | 3:00-4:00 PM
- Glöcklerlauf Ebensee 4:00 PM | Klosterplatz Traunkirchen 6:00 PM | Waldcampus at 10:00 PM

Tuesday, January 6

Breathwork Session – "Visions for the New Year" Post am See | Yoga Room | 8:30-9:30 AM

Wellness experiences

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Yoga – All Levels

Find balance and inner peace – in a soothing yoga class suitable for all levels. Gentle movements, flowing breathing exercises, and relaxing stretches bring body and mind into harmony. A time-out that creates lightness and renewed energy.



Fascia training

Targeted stretches, impulses, and movements help keep the connective tissue supple, release tension, and stimulate the metabolism. The training improves mobility, relieves tightness, and activates the metabolic system to promote overall well-being.

Pilates

Gentle, powerful movements connect body and mind and provide stability. Conscious exercises for core strength 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 strengthened.



Ice bathing in Lake Traunsee

Start the day with a real energy boost! Ice bathing strengthens the immune system, provides clarity, and an invigorating feeling for the entire day. The soothing cold in the crystal-clear waters of Lake Traunsee, against the impressive backdrop – an experience that challenges and awakens the senses.

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Breathwork Session – “Breathing Journey to End the Year”

A special breathing journey consciously closes the past year, reflects on experiences, and lets go of the old. At the same time, space is created for the new, sustained by calm, gratitude, and inner balance. Thus, the new year begins with ease and confidence.



Breathwork Session – “Visions for the New Year”

Start the new year with clarity and focus and consciously manifest your visions for 2026. Targeted breathing techniques open new perspectives and connect you with your inner strength. A transformative journey that clarifies your wishes and goals and leads you into the new year full of energy.

Cacao ceremony “Gratitude at the end of the year”

Close the year with gratitude and welcome the new one full of possibilities. With a warming cup of ritual hot cocoa, reflect on the past, celebrate successes, and bid farewell to the past. A mindful ceremony that brings warmth, connection, and clarity for the new year.



Cocoa ceremony “Visions for the New Year”

With a cup of ceremonial cacao, the new year begins with warmth and inspiration. The ceremony opens space to anchor visions and heartfelt desires and welcome new energy. A gentle start that invites you to consolidate your dreams and start the year with confidence.

Sound Healing

A holistic sound experience that harmonizes body, mind, and soul. Gentle vibrations of high-quality crystal singing bowls lead to a deeply relaxed, meditative state. Sound and vibration act like a gentle massage at the cellular level, creating space for peace, regeneration, and balance.



Culinary experiences

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„How to Negroni – Holiday Edition“

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



Wine Experience – “The Grape Varieties of Austria”

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.

Liquor Stories

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



“The Fisherman & the Cook” – Culinary Experience

Experience the culinary world of Lake Traunsee:
Chefs led by Lukas Nagl and an experienced
fisherman share knowledge about local fish
culture, filleting and preparation tips, and round off
the experience with a tasting of the day's catch.

More Culinary Experiences with Lukas Nagl & Team

Under the direction of Lukas Nagl, culinary
experiences are created full of knowledge,
enjoyment, and inspiration. Workshops offer
insights into creative everyday ideas and
sophisticated specialties. The focus is on regional
products, craftsmanship, and shared discovery.



Guided torchlight hike with schnapps

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



“Inside Traunkirchen” with Wolfgang Gröller

Discover picturesque Traunkirchen and join us on a unique tour through this charming town. Enjoy the beauty of Lake Traunsee and its unique 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, visitors encounter special finds – from Japanese giant crabs to fascinating natural and cultural objects.



Krambamperl distilling with Wolfgang Gröller

A traditional ritual from the Salzkammergut region, during which fiery grain brandy is lit in convivial company. Hotel manager Wolfgang Gröller recounts stories of this ancient custom. An experience full of warmth, history, and community – ideal for the colder season.

Kripperlroas in Traunkirchen, Ebensee & Altmünster

Experience the tradition of the Kripperlroas (Nativity Scene Roas) in the Salzkammergut: Host Wolfgang Gröller leads you to the most beautiful nativity scenes. Artfully designed scenes enchant and create a contemplative atmosphere. A hike that warms the heart and soul and brings you closer to local traditions.





OFFER

CHRISTMAS & CULINARY DELIGHT ON THE LAKE

Winter is all about peace and quiet. With the cold temperatures, tranquility returns to Lake Traunsee. Enjoy a first-class gourmet menu on Christmas Eve and relax away from the stress of the pre-Christmas season.

Christmas at the lake – enjoy in style

- 4 nights in your chosen room category – all with balcony & lake view
- Gourmet breakfast with regional specialties
- Daily 4-course gourmet menu
- Festive 6-course gala menu on 24 December with an aperitif in an atmospheric setting

This offer is limited and subject to availability. Additional nights can be booked at the current best price.

Enjoy Christmas in style – inquire now at dastraunsee.at

DAS TRAUNSEE - Das Hotel zum See
Klosterplatz 4, 4801 Traunkirchen
[+43 \(0\) 7617 2216](tel:+435076172216)
reservierung@groellerhospitality.com

