



**MONDAY, 18.07.2022**

**03.45 am** Sunrisetour with Anna  
**10.00 am** Hiking with Martin  
**from 06.30** Eveningmenu with truffle  
**@night** Take Two

**TUESDAY, 19.07.2022**

**10.00 am** Hiking to the Bergfest with Martin  
**11.00 am** E-Bike Tour to Stockhut with Anna & Stefan  
**11.45 am** With the gondula to the Berfest  
**from 12.30** **STOCK Bergfest with Livemusic Kasermandlduo (only at good weather)**  
**05.00 pm** Yoga with tiffany  
**from 06.30** **Chocolate fountain, candy floss & ice cream pancakes**

**WEDNESDAY, 20.07.2022**

**10.00 am** Hiking with Martin  
**11.00 am** **E-Bike tour to Alpenrose**  
**03.00 pm** Fitnesscare at the Gym  
**04.00 pm** Aqua Fit at the indoorpool  
**from 06.30** **Eveningmenu with Veal Wiener schnitzel**  
**@night** **Lisa Mauracher**

**THURSDAY, 21.07.2022**

**10.00 am** Hiking with Martin  
**11.00 am** **Nordic Walking**  
**from 03.00** **Summerlounge at the 25 metre pool with DJ Stevie (only at good weather)**  
**from 06.30** **Enjoymentevening with photowall for a photo**  
**@night** **STOCK Casino Royale**

**FRIDAY, 22.07.2022**

**09.00 am** **Canyoning in the Zemmschlucht (from 10 years) Registration until Thursday 18.00 at reception**  
**10.00 am** Hiking with Martin  
**11.00 am** E-Bike & Hike to Gamshütte  
**04.00 pm** Belly, legs, bottom at the Power Box  
**from 06.30** **Sushi & Sashimi**  
**@night** **Plankton**

**SATURDAY, 23.07.2022**

**08.00 am** Aqua Fit at the indoorpool  
**10.00 am** **Climbingtour with Guide Christoph & Guide Martin- registration at the reception till 06.00pm**  
**11.00 am** E-Bike tour to stilluptal  
**from 01.00** **BBQ at the terrace with DJ C-Rock (only at good weather)**  
**05.00 pm** Stretch & Relax at the Power Box  
**from 06.30** **Eveningmenu with Kaiserschmarrn**  
**@night** **Norman Stolz**

**SUNDAY, 24.07.2022**

**09.00 am** **Good morning music with Emmi at the harp**  
**from 06.30** **Stock Eveningmenu**



**STOCK BERGFEST**

Enjoy the breathtaking mountain world with delicacies from the Zillertal on Tuesday at the STOCK hut!

## SPORT PROGRAM

### MONDAY, 18.07.2022 *with Stefan & Lisa-Maria*

- 08.00 - 08.30 am **Backfit at the Power Box**
- 10.00 - 11.00 am **Swimtraining with Lisa-Maria at the Sportspool**
- 11.00 - 02.00 pm Beginner's hike to Zimmereben (min. 3 pers.)
- 03.00 - 03.30 pm Footreflexcircle at the Gym
- 04.00 - 04.45 pm **Power Pump at the Power Box**
- 05.00 - 05.30 pm **Balance Training at the Power Box**

### TUESDAY, 19.07.2022 *with Anna & Tiffany*

- 08.00 - 08.30 am Aqua Fit at the indoorpool
- 11.00 - 12.30 pm **E-bike tour to the Stock's hut € 40,00 per Bike**
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm **Spinning at the Power Box (min. 3 persons)**
- 05.00 - 06.30 pm **Yoga & Meditation in the Idea Room (min. 3 persons)**

### WEDNESDAY, 20.07.2022 *with Anna*

- 08.00 - 08.45 am **Backfit at the Power Box**
- 11.00 - 02.30 pm **E-Bike tour to Alpenrose (min. 3 persons) € 40,00 per bike**
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.30 pm Aqua Fit at the indoorpool
- 05.00 - 05.30 pm Footreflexcircle at the Gym

### THURSDAY, 21.07.2022 *with Anna & Tiffany*

- 08.00 - 08.30 am **Good Morning Stretch at the Power Box**
- 11.00 - 01.00 pm **Nordic Walking (min. 3 persons) Meeting point in front of the hotel**
- 02.00 - 02.30 pm **Balance Training at the Power Box**
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm **Spinning at the Power Box (min. 3 persons)**
- 05.00 - 06.30 pm **Yoga & Meditation in the Idea Room (min. 3 persons)**

### FRIDAY, 22.07.2022 *with Stefan*

- 08.00 - 08.30 am **Core & Stability at the Power Box**
- 09.00 - 09.45 am Fitnesscare at the Gym
- 11.00 - 03.00 pm **E-Bike & Hike Tour to Gamshütte (min. 3 Pers.) € 40,00 per Bike**
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm **Belly, legs, bottom at the Power Box**
- 05.00 - 05.30 pm **Fasciatraining at the Power Box**

### SATURDAY, 23.07.2022 *with Stefan*

- 08.00 - 08.30 am Aqua Fit at the indoorpool
- 11.00 - 02.30 pm **E-Bike Tour to Stillup € 40,00 per Bike**
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm **Fatburner at the Power Box**
- 05.00 - 05.30 pm **Stretch & Relax at the Power Box**

*Personal training with Anna & Stefan for even more success in sports! Make an appointment directly at the gym! Please register for the individual units via the STOCK app or directly at the reception!*

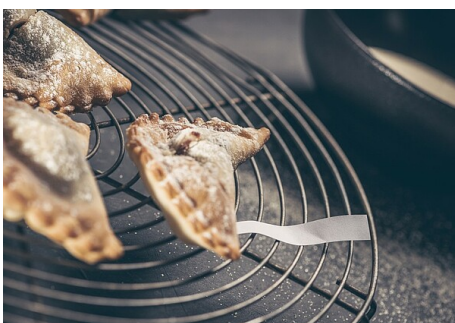
*Our hiking guide Martin accompanies hiking lovers from Monday to Friday to the most beautiful hiking to us in the Zillertal! Where it goes you will find out daily in our morning post. Via the STOCKApp or at the reception you can easily register for the guided hike.*

**NEW:** You will now find our **Power Box** on the 1st floor below the gym. Also on the 1st floor you will find our new **idea room** for your yoga sessions.

## CULINARY & ENTERTAINMENT

<b>MONDAY, 18.07.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Sauerbraten with spaetzle Negroni Sbagliato Eveningmenu with truffle Take Two
<b>TUESDAY, 19.07.2022</b>	<b>Lunchbuffet Afternoon music Tip for aperitif Eveningculinary</b>	baked potato with salom & dips Kasermendl Duo at the Bergfest (only at good weather) El Presidente Chocolate fountain, candy floss & ice cream pancakes
<b>WEDNESDAY, 20.07.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Zillertaler Käsespätzle Pineapple Mojito Eveningmenu with Veal Wiener schnitzel Lisa Mauracher
<b>THURSDAY, 21.07.2022</b>	<b>Lunchbuffet Afternoon music Tip for aperitif Eveningculinary Live-Entertainment</b>	spicy ribs Summerlounge with DJ Stevie (nur bei Schönwetter) Champagner Baron de Rothschild Enjoymentdinner with beef STOCK Casino Royale
<b>FRIDAY, 22.07.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Spaghetti Vongole Sparkling summit Sushi & Sashimi Plankton
<b>SATURDAY, 23.07.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	BBQ at the terrace with DJ C-Rock (only at good weather) Golden Champagne Eveningmenu with Kaiserschmarrn Norman Stolz
<b>SUNDAY, 24.07.2022</b>	<b>Happy Morning Lunchbuffet Tip for aperitif Eveningculinary</b>	Emmi at the harp Styrian fried chicken Paloma Spritz Stock Eveningmenu

<b>Breakfast</b>	07.30 - 11.00 am
<b>Wellness buffet</b>	01.00 - 03.30 pm
<b>Cake buffet</b>	01.00 - 04.30 pm
<b>Evening menu</b>	06.30 - 08.30 pm
<b>Children-/Teenie Buffet</b>	01.00 & 06.30 pm



feel  
relaxed!

## INFUSIONS & PEELINGS

### MONDAY, 18.07.2022 with Hauke

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	90s Party (infusion without supervision)
04.30 pm	INFUSION SAUNA	Aloe vera cream infusion
05.30 pm	INFUSION SAUNA	Arinika oil infusion
06.30 pm	INFUSION SAUNA	Ibiza Vibes (infusion without supervision)

### TUESDAY, 19.07.2022 with Hauke & Stefan

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Volks Rock & Roll (infusion without supervision)
04.30 pm	INFUSION SAUNA	Grapefruit Aufguss
05.30 pm	INFUSION SAUNA	Coconut oil infusion
06.30 pm	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)

### WEDNESDAY, 20.07.2022 with Markus & Stefan

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)
04.30 pm	INFUSION SAUNA	Swiss stone pine infusion
05.30 pm	INFUSION SAUNA	Vitamin infusion
06.30 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)

### THURSDAY, 21.07.2022 with Markus

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	A historical excursion to the Zillertal (infusion without supervision)
04.30 pm	INFUSION SAUNA	Wheat beer infusion
05.30 pm	INFUSION SAUNA	Lavender infusion
06.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)

### FRIDAY, 22.07.2022 with Markus & Hauke

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Lion King (Infusion without supervision)
04.30 pm	INFUSION SAUNA	Herbal balsam infusion
05.30 pm	INFUSION SAUNA	Olive oil infusion
06.30 pm	INFUSION SAUNA	Heavy rock (infusion without supervision)

### SATURDAY, 23.07.2022 with Markus & Hauke

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Woodstock (infusion without supervision)
04.30 pm	INFUSION SAUNA	Stone oil tonic infusion
05.30 pm	INFUSION SAUNA	Gin-Tonic infusion
06.30 pm	INFUSION SAUNA	90s Party (infusion without supervision)

### SUNDAY, 24.07.2022 with Hauke

03.00 pm	INFUSION SAUNA	Aufguss
04.30 pm	INFUSION SAUNA	Franzbrandwein infusion
05.30 pm	INFUSION SAUNA	Chocolate - cream infusion
06.30 pm	INFUSION SAUNA	Tyrol - Land of Loyalty (infusion without supervision)

### HOLIDAY=FAMILYTIME

*NEW=- in selected periods also children from 10 YEARS are allowed to use the 25m pool. for swimming! Please aware the rules:*

entrance for kids from 10 years from 01.00 pm  
The area about the Pool is a quiete place  
no jumping & air mattress

*For children under the age of 10, the indoor and outdoor pools and the Aqua Fun Park are available for swimming, splashing and playing. for swimming, splashing & romping.*

## GENERAL INFORMATION

**STOCK Diamond Spa:** Open for you daily from 09.00 - 19.00!

**Sauna:** Open daily from 10:30 - 20:00 for you!

**Family and textile sauna:** Open daily from 14:00 - 19:00 for you! In case of bad weather open from 11.00 am.

**Hairdresser Sandra:** Is open for you on Tuesday, Wednesday, Friday and Saturday from 09:30 - 20:00.

### SPA & SAUNA RULES

- The entire sauna area is a textile-free zone!
- Filming and photography in the entire sauna area is prohibited!

**NEW: For the sake of the environment,** our STOCK time is now available in the STOCK WebApp. To do so, scan the QR



feel  
stock!