



POST
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SEE

Festive Season 2025 GUEST EXPERIENCES.

Mountains. Deep Blue Lake. A place that inspires – all year round. At the Post am See, guest experiences await that make your stay special. Art, food, nature, culture – always with a twist.

But wait – there's more! The other Gröller Hospitality locations also offer new perspectives. Our Christmas program combines the highlights from all of them – for guests of both hotels.

Good to know: You can secure your participation in the experiences when you make your reservation. First come, first served.

Gröller family

and the entire team

Friday, December 19

- Pilates – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Sauna infusion "Holiday Harmony" Das Traunsee | SeeSPA | 2:15-2:45 PM
- Culinary Workshop Kitchen Counter Belétage or Das Traunsee | 3:00-4:00 PM
- Sound Healing with Singing Bowls Post am See | Yoga Room | 5:00-6:00 PM

Saturday, December 20

- Pilates – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Sauna infusion "Holiday Harmony" Post am See | BergSPA | 2:15-2:45 PM
- Culinary Workshop Kitchen Counter Belétage or Das Traunsee | 3:00-4:00 PM
- "How to Negroni – Holiday Edition" – Cocktail Workshop Bar Belétage | 4:00-5:00 PM | €15.00
- Guided Tour of the Chamber of Wonders Traunkirchen Monastery | 5:00-6:00 PM

Sunday, December 21

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Inside Traunkirchen with Wolfgang Gröller Post am See | Reception | 10:00-11:00 AM
- Breathwork Session – "An Introduction to the Art of Breathing" Post am See | Yoga Room | 2:00-3:00 PM
- Sauna infusion "Holiday Harmony" Das Traunsee | SeeSPA | 2:15-2:45 PM
- Culinary Workshop Kitchen Counter Belétage or Das Traunsee | 3:00-4:00 PM
- 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 a.m.
- Sauna infusion "Holiday Harmony" Post am See | BergSPA | 2:15-2:45 p.m.
- Culinary Workshop "The Fisherman & the Cook" Open Kitchen | Das Traunsee | 3:00-4:00 PM
- Cacao Ceremony "Moments of Silence" Post am See | Yoga Room | 5:00-6:00 PM | €25.00

Tuesday, December 23

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Gmunden Ceramics Manufactory Tour 10:30-11:30 AM | €9.50 | Self-drive
- Sauna infusion "Holiday Harmony" Das Traunsee | SeeSPA | 2:15-2:45 PM
- Culinary Workshop Kitchen Counter Belétage or Das Traunsee | 3:00-4:00 PM
- Wine Experience - "Austria's Grape Varieties" Poetry Room Belétage | 4:00-5:00 PM | €25.00
- Guided torchlight hike with schnapps Das Traunsee | 5:00-6:00 PM

Wednesday, December 24

- Ice bathing on the Traunkirchen peninsula Meeting point Poststube Post am See | 8:00-9:00 AM
- Pilates – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Sauna infusion "Holiday Harmony" Post am See | BergSPA | 2:15-2:45 PM
- Christmas party with Salzkammergut music Post am See | 2:30-4:00 PM
- Children's Mass Traunkirchen Parish | 4:00 PM
- Christmas Dinner & shared aperitif Belétage | 6:30 PM | For an additional charge
- Christmas Eve Mass with brass band from the Traunkirchen parish | 11:00 PM

Thursday, December 25

- **Yoga – All Levels** Post am See | Yoga Room | 8:30–9:30 AM
- **Sauna infusion "Holiday Harmony"** Das Traunsee | SeeSPA | 2:15–2:45 PM
- **Culinary Workshop** Kitchen Counter Belétage or Das Traunsee | 3:00–4:00 PM

Friday, December 26

- **Yoga – All Levels** Post am See | Yoga Room | 8:30–9:30 AM
- **Sauna infusion "Holiday Harmony"** Post am See | BergSPA | 2:15–2:45 PM
- **Culinary Workshop** Punschkütte Post am See | 3:00–4:00 PM
- **Orphans under the Christmas tree with punch, cookies, and Krambampferl** Post am See | from 4:30 PM
- **Ice stock sport at the Punch Hut** Post am See | 5:00–6:00 PM
- **Sound Healing with Singing Bowls** Post am See | Yoga Room | 5:00–6:00 PM

Saturday, December 27

- **Ice bathing on the Traunkirchen peninsula** Meeting point Poststube Post am See | 8:00–9:00 a.m.
- **Pilates – All Levels** Post am See | Yoga Room | 8:30–9:30 a.m.
- **Visit of the Star Singers** Das Traunsee 9:00 a.m. | Post am See 9:30 a.m.
- **Sauna infusion "Holiday Harmony"** Das Traunsee | SeeSPA | 2:15–2:45 PM
- **Culinary Workshop** Kitchen Counter Belétage or Das Traunsee | 3:00–4:00 PM
- **"How to Negroni – Holiday Edition" – Cocktail Workshop** Bar Belétage | 4:00–5:00 PM | €15.00

Sunday, December 28

- **Yoga – All Levels** Post am See | Yoga Room | 8:30–9:30 AM
- **Inside Traunkirchen with hotel manager Wolfgang Gröller** Hotel Post am See | Reception | 10:00–11:00 AM
- **Sauna infusion "Holiday Harmony"** Post am See | BergSPA | 2:15–2:45 PM
- **Culinary Workshop** Kitchen Counter Belétage or Das Traunsee | 3:00–4:00 PM

Monday, December 29

- **Yoga – All Levels** Post am See | Yoga Room | 8:30–9:30 a.m.
- **Sauna infusion "Holiday Harmony"** Das Traunsee | SeeSPA | 2:15–2:45 PM
- **Breathwork Session – "Breathing Journey to End the Year"** Post am See | Yoga Room | 3:00–4:00 PM
- **"The Fisherman & the Cook" – Culinary Workshop** Open Kitchen | Das Traunsee | 3:00–4:00 PM
- **Kripperlroas in Traunkirchen with Wolfgang Gröller** Post am See | 5:00–6:00 PM

Tuesday, December 30

- **Yoga – All Levels** Post am See | Yoga Room | 8:30–9:30 AM
- **Cacao Ceremony "Gratitude at the End of the Year"** Post am See | Yoga Room | 10:00–11:30 AM | €25.00
- **Sauna infusion "Holiday Harmony"** Post am See | BergSPA | 2:15–2:45 PM
- **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
- **Sauna infusion "Holiday Harmony"** Das Traunsee | SeeSPA | 2:15–2:45 PM
- **New Year's Eve Service** Traunkirchen Parish | 4:00 PM
- **New Year's Eve Dinner Club** Belétage | from 7:00 PM | for an additional charge
- **Silvester à la carte** Poststube 1327 | all day

Thursday, January 1

- New Year's breakfast
- New Year's swim in Lake Traunsee Traunkirchen peninsula | meeting point Poststube Post am See | 11:00-12:30 AM
- Sauna infusion "Welcome 2026" Post am See | BergSPA | 2:15-2:45 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
- Sauna infusion "Welcome 2026" Das Traunsee | SeeSPA | 2:15-2:45 PM
- Boat trip on Lake Traunsee with Geißwandmusi Meeting point reception Das Traunsee | 2:45 PM – 4:00 PM
- Culinary Workshop Kitchen Counter Belétage or Das Traunsee | 3:00-4:00 PM
- Wine Experience – "Austria's Grape Varieties" Seestube Das Traunsee | 4:00-5:00 PM | €25.00
- Sound Healing with Singing Bowls Post am See | Yoga Room | 5:00-6:00 PM

Saturday, January 3

- Pilates – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Sauna infusion "Welcome 2026" Post am See | BergSPA | 2:15-2:45 PM
- Breathwork Session – "Visions for the New Year" Post am See | Yoga Room | 3:00-4:00 PM
- Culinary Workshop Kitchen Counter Belétage or Das Traunsee | 3:00-4:00 PM
- "How to Negroni – Holiday Edition" – Cocktail Workshop Bar Belétage | 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 Post am See | 8:00-9:00 AM
- Yoga – All Levels Post am See | Yoga Room | 8:30-9:30 AM
- Inside Traunkirchen with hotel manager 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
- Sauna infusion "Welcome 2026" Das Traunsee | SeeSPA | 2:15-2:45 PM
- Culinary Workshop Kitchen Counter Belétage or Das Traunsee | 3:00-4:00 PM
- 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 | 8:30-9:45 AM
- Guided Tour of the Chamber of Wonders Traunkirchen Monastery | 10:00-11:00 AM
- Cacao Ceremony "Visions for the New Year" Post am See | Yoga Room | 2:00-3:00 PM | €25.00
- Sauna infusion "Welcome 2026" Post am See | 2:15-2:45 PM
- "The Fisherman & the Cook" – Culinary Workshop Open Kitchen | Das Traunsee | 3:00-4:00 PM
- Glöcklerlauf Ebensee at 4:00 PM | Klosterplatz Traunkirchen at 6:00 PM | Waldcampus at 10:00 PM

Tuesday, January 6

- Yoga – All Levels Post am See | Yoga Room | 8:30-9:45 AM
- Gmunden Ceramics Manufactory Tour 10:30-11:30 AM | €9.50 | Self-drive

Wellbeing Experiences

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.

21.12. | 22.12. | 23.12. | 25.12. | 26.12. | 28.12. | 29.12. | 30.12. | 04.01. | 05.01. | 06.01.



Face Yoga

Targeted exercises activate the facial muscles, firm the skin and reduce fine lines – all without surgery. Face yoga strengthens facial features, gives a fresh radiance and soothing relaxation in everyday life. A natural lift that works from within and creates a smile.

Dates will be announced soon.



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.

19.12. | 20.12. | 24.12. | 27.12. | 31.12. | 02.01. | 03.01.



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.

24.12 | 27.12. | 01.01. | 04.01.



Sauna infusion

Festive sauna infusions offer relaxation, renewed energy and well-being during the cold season. Soothing scents revitalize body and mind. An experience that combines harmony, relaxation and a clear new beginning.

Daily.



Wellbeing Experiences

Breathwork – “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.

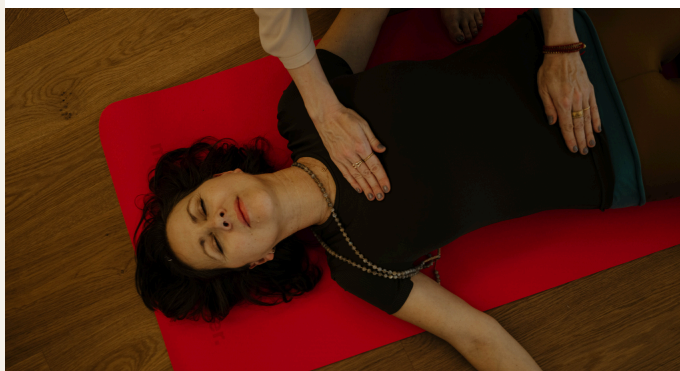
21.12. | 29.12.



Breathwork – “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.

03.01.



Cacao ceremony “Gratitude at the years’ end”

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.

22.12. | 30.12.



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.

05.01.



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.

19.12 | 26.12. | 02.01.



Culinary Experiences

„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.

20.12. | 27.12. | 03.01.



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.

23.12. | 02.01.

Schnapps 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.

21.12. | 04.01



“The Fisherman & the Cook” – Culinary Workshop

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.

22.12. | 29.12. | 05.01.

More Culinary Workshops 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.

19.12. | 20.12. | 21.12. | 23.12. | 25.12. | 26.12. | 27.12. | 28.12. | 01.01. | 02.01. | 03.01. | 04.01.



Cultural Experiences

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.

23.12.



“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.

21.12. | 28.12. | 04.01.

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.

20.12. | 05.01.



Krambammerl distilling with Wolfgang Gröller

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

26.12.

Kripperloas in Traunkirchen, Ebensee & Altmünster

Experience the tradition of the Kripperloas (Nativity Scene Roas) in the Salzkammergut: 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.

29.12. | 04.01.





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Your holidays YOUR WAY

Whether alone, with your partner, family, or friends – the holidays are made to be enjoyed. Our program adds extra magic: little highlights, special moments, and a touch of mountain air from the Salzkammergut that make your stay truly unique.

Secure your spot now and celebrate the holidays exactly the way you want.

Join and celebrate with us! **BOOK NOW**

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