



Ground Floor Lino Land

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1st Floor Lino Land

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HELLO KIDS

WELCOME TO MY HOME: LINO LAND!

For those who don't yet know me, I'm Lino, a maxi sized mouse, and I live at Cavallino Bianco ever since I was born on 09.09.2002. Living with me are lots of my adventurous friends: **Lino's Land entertainment staff**. Come and play with us in this magical world of fun, colours, activities, music...

Every day here we enjoy a thousand emotions: in **Soft Play** we run, slide and hide in the big maze... Little artists draw works of art and sport lovers challenge each other in football matches! Did you know that from the picnic area you can see the tiniest ones from 1 to 42 months old gently swinging in the hammocks, diving in the ball pond or being looked after by my entertainment friends?

But it doesn't end here... we can climb the stairs of **Junior Lino** to play in the dolls' house or play basketball in the gym and then off to the area dedicated to fantasy: here we can build castles, race on the fast Lego car race track or create 3d models with Play Mais. And what a fun playing with the ball firing cannons in Pirates Island!

Then there's also the special room, my favourite: **Heidi's house**. A wooden hut where we can cook delicious snacks for us all to enjoy together!

You're not allowed to be bored! We look forward to seeing you at Lino Land every day starting from 8.30am to enjoy a mound of fun! ...my home will be your home!

Your FRIEND Lino!



CHILDREN, THE REAL STARS OF THE CAVALLINO BIANCO



WHERE. HOW. WHEN.

FOR CHILDREN FROM 1 MONTH TO 3,5 YEARS OLD, assistance at **BABY LINO** is available every day* from 8.30 am to 9.00 pm

**during the ski season, on Sundays from 1.00 pm to 9.00 pm.*

FOR CHILDREN OVER 3,5 YEARS OLD, assistance at **JUNIOR LINO** is available every day* from 8.30 am to 10.00 pm

**during the ski season, on Sundays from 1.00 pm to 10.00 pm.*

IMPORTANT:

During meal times, i.e. from 12 noon to 1.00 pm and from 7.00 pm to 8.00 pm, Lino Land is not supervised.

Only weaned babies are allowed to stay, who have been enlisted for meals with the assistants, without parents.

ENROLMENT AND CANCELLATION SYSTEM:

To make use of Lino Land assistance, it is necessary to complete a registration pass indicating any important information and most of all, eventual allergies.

MEALS:

lunch: from 12 noon to 1.00 pm
(during the ski season, Monday lunch is from 11.30 am)

brunch: at 4.30 pm

dinner: from 7.00 pm to 8.00 pm.

registration accepted up to 10.00 am for lunch and by 5.00 pm for dinner, at the reception area of Lino Land.

Meals are to be taken exclusively in the absence of parents.

WHAT TO BRING?

A bag containing:

- 1 complete change of clothes
- Slipper socks
- Jacket and shoes for going out
- Important objects for the little ones (baby bottle, dummy, etc.)

PARENTS ENTRY:

Lino Land has been created exclusively for children, the first day however, dear parents, you will be more than welcome to assist your children in settling down.

During the other days, parents have access:

- to Junior Lino exclusively between the hours 11.30 am and 1.00 pm (entry until 11.55 am)
- to Soft Play area where entry is freely allowed all day with the exception of mealtimes





Kathrin Gschleier

Studies and specialisation

Doctor Kathrin Gschleier is an expert in systems theory communications, organisational consultancy, trainer and coach, with a study path from the universities of Bologna, Vienna and Innsbruck. In 2008 she founded the Centre of narrative communication in Bressanone. She works creatively with groups, schools and commercial activities to promote a healthy life both in the working environment and in daily life.

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Philosophy

Cavallino Bianco is a hotel for families which answers primarily to the desires and needs of children and their parents with a structured program based on determined age bands: **New born, Mini, Kids, Junior, Teenies** and **Families**. On the same level as the wellness centre which looks after the wellbeing of the adults, Lino Land also offers a program aimed at the wellbeing and balance of the children. **Activities for the body, soul and mind** are distributed within the categories: play, thought, music and relaxation, outings, sport and dexterity.

What remains the same all year round?

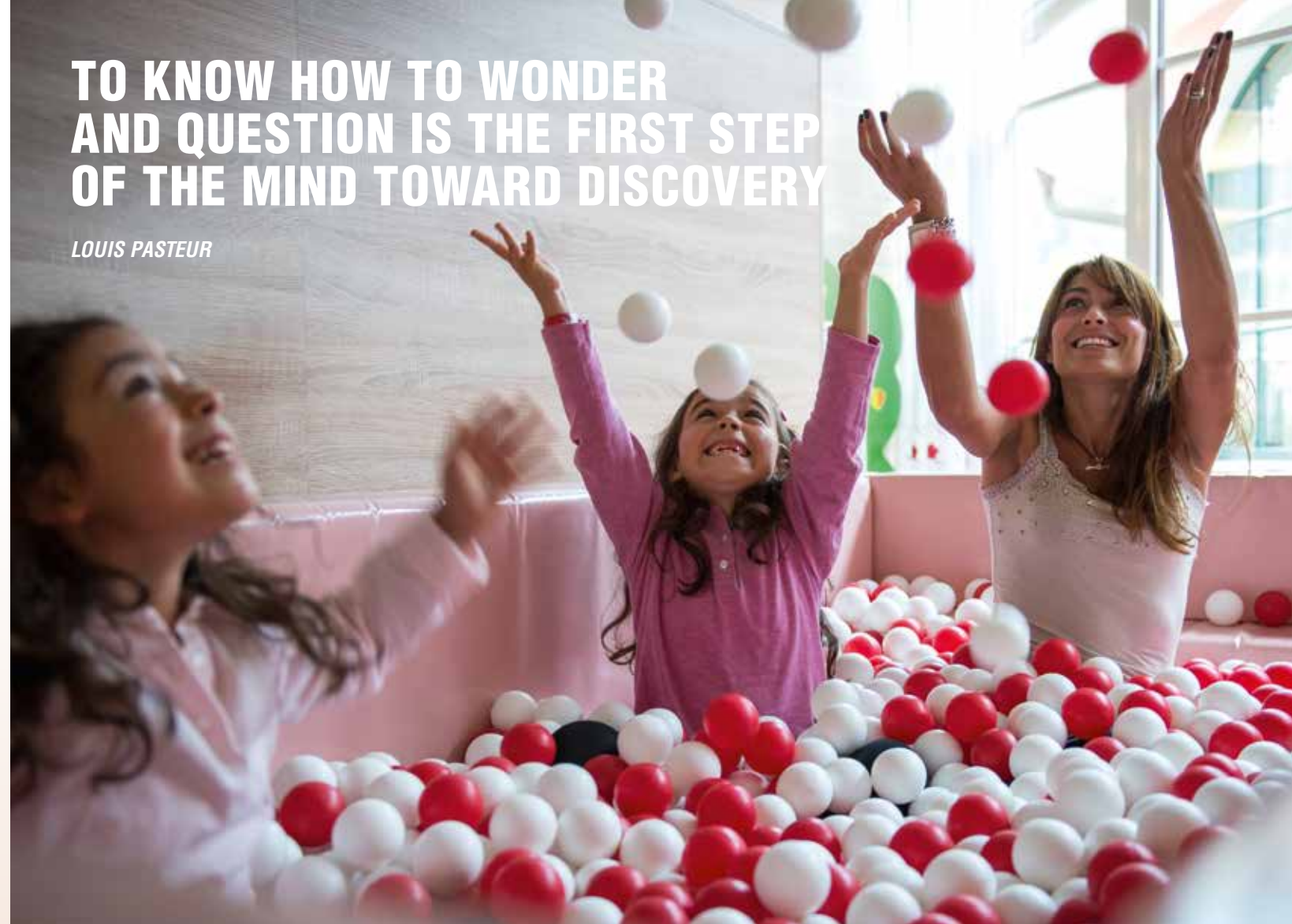
The freedom and flexibility of the single activities requires at the same time a clear structure, with fixed hours for meals and play. We make full use of free time and the energy it generates!

What changes during the course?

Living amongst and with nature means to enjoy the different seasons. Nature in its pure form, all year round!

TO KNOW HOW TO WONDER
AND QUESTION IS THE FIRST STEP
OF THE MIND TOWARD DISCOVERY

LOUIS PASTEUR





The family is where life starts and love never ends. *Anonymous*

A child is love made visible. *Novalis*

FAMILY

all together

HARMONY

The family is the smallest form of a social network. A nest where we enjoy our first contact, our first experience of life and of sharing. How much of your time is spent with your family? The holidays represent time for oneself, for the couple and for the family. An opportunity to discover and experiment all together, to relate and play, a chance to make contact and exchange.

The family needs... all together time.



BABY

from 1 month to 2 years

CONTACT

Remember what it's like to be a child? Think back to when your parents took you by the hand, played with you, the hugs, laughter and fun. Can you remember? Children are curious to know other people and are enthusiastic about new things, are active and spontaneous. They live each present moment, are here and now, in contact with themselves, their environment and their community.

Children need loving relationships.





The child can only develop fully by means of experience in his environment. *María Montessori*

Nature wants children to be children, before becoming adults. *Jean Jacques Rousseau*

MINI

from 2 to 3,5 years

DISCOVERY

Imagine waking up one morning and discovering this world.... Seeing all that surrounds you for the first time, feeling the sun and the rain on your skin, touching what is in front of you with your hands, amazingly smell the perfume of the forest and the delicious sweet taste of a strawberry.

Experience your environment with all the senses. To discover all this, children need a guide which is loving, sensitive and caring.



KIDS

from 3,5 to 7 years

MOVEMENT

What moves you and what stimulates you to move? What wonderful sensation is it to climb out of bed in the morning, ready to conquer the world? A healthy child is furthermore more active: physically, mentally and emotionally. They jump, discover and play, ask, recognise and think, listen, dance and dream. In this way they develop talents which come naturally to them.

Children need to be recognised and appreciated for their own achievements.





A child is not a vase to be filled but a fire to be lit. *Francois Rabelais*

Adolescence is the conjugator of childhood and adulthood. *Louise J. Kaplan*

JUNIOR

from 7 to 11 years

ADVENTURE

Do you know that feeling of experiencing something completely new, to do something in your life which you never thought possible? That knot in your stomach and the inebriating enthusiasm of adventure?

Children live a new adventure each day, when they challenge their fears and search for something new.



TEENIES

from 11 to 14 years

EXPERIENCE

How were you during adolescence? Where did you put to the test your limits and those of others? Teenagers find themselves on the border between childhood and adulthood, faced with the desire of their parents to push towards a life in society, to obedience and responsibility. Teenagers orientate themselves together with their friends and fellow teenagers, searching for a place in society. They want to see and be seen, experiment and live life, test margins of manoeuvre and opportunity. **Therefore, teenagers need freedom and limits, orientation and support.**



PLAY

Games are full of enjoyment and fun, stimulating fantasy and relaxation. All children, but also adults, play in order to learn and for their own personal development, in order to spend time with oneself and with society.

At Lino Land there is free play and also structured play, games to play alone, in twos or in a group, for all age groups. A paradise of fun over 1250 m².



SPORT

Sport is first of all movement and physical activity. By regularly practising physical activity you can maintain your fitness and also help your own wellbeing. Sport activity at Lino Land includes a chance to let off steam, climbing, jumping and ball games, agility exercises, relay races and gymnastics, skiing and ice skating.

According to the season and the weather, children can take part in outdoor activities or in case of bad weather, we move to the indoor gym. It's impossible not to be influenced by the desire to take part in sport!



The natural scenery of the Dolomites is abundant and varied. Not only are there the splendid mountains but also incredible places such as Val Gardena, Val d'Anna, the Vallunga and the pathways of the Col de Flam which surround you. The staff at Lino Land has thought up a vast excursion program in the surrounding areas for all ages. In spring you can visit a mountain refuge, in summer the

famous barbecue on the Suisi Alps, in autumn a ride in a horse drawn carriage and in winter skiing and sledging reign over all!!! Not to be forgotten are the Nature Detective Camp and the Adventure Park... nature for true adventurers!

When thinking of the Val Gardena, what first springs to mind are craftsmanship and wooden sculptures. But the Val Gardena is not just about professionals and sculptures... it's also about young and old! At Lino Land you can mix, make and model with your own hands. As if by magic, in Heidi's cabin, you can create

horses, mice, sheep or figures of fantasy, jewels of the native Indians, a chef's hat and even more. And if in the afternoon the aroma of pizza or biscuits pervades the air, it simply means that our little cooks are hard at work! Snack time becomes even tastier!

EXCURSIONS

MANUAL ABILITY



Dancing, singing and playing - all that counts is the fun! Artistic activity strengthens the child's sensitivity. They develop the capacity to express themselves and their own sensations in creative ways. The child lives with their own sound, their own image and body expression within the community.

Whether there is a song to sing together or an instrument to play: music has a liberating effect on the body, mind and soul.

In the heart of the Dolomites many myths and legends are born, fables which tell of ancient cultures, of knights and princesses, of giants and dragons. What could be better, at the end of a tiring day of skiing or an excursion, than to relax with yoga and enjoy in the company of your children, emotions of fantasy?

In Lino Land there are corners where emotional stories are told, where journeys in the world of fantasy are interpreted and enjoyable theatrical fables are recited. And those who really wish to enter into the part can apply makeup and dress up in costumes!

THOUGHT

RELAXATION





BIKE

Rental, School & Park

EXPLORE THE VAL GARDENA IN MOUNTAIN BIKE:

Incredible fun! We put on our helmets and learn the tricks of real mountain bikers in the Palmer bike park and along the pathways of the Dolomites with top instructors!

Compete along the race route and try to win the gold medal... we'll all be cheering you on!

For further information about the routes and bicycles, enquire at the reception of Lino Land



NATURE

Nature Detective Camp

IDENTIKIT OF THE PERFECT DETECTIVE OF THE NATURE:

- Between 7 and 12 years old
- Have a greed for good things
- Have an exhausting need for fun

If you possess all these three characteristics, discover what we have lined up for you...

The Detective of the nature learns to cook...with all the senses. Discover the seasonal and local products, cook them and most of all, eat them!



„Baby Scout“ & Miniclub for Nature Detective for children from 3 to 6 years

**FAMILIEN
HOTELS**
Südtirol - Alto Adige

The kitchen is transformed into a fascinating laboratory: the Nature Detective, in collaboration with the Familienhotel Südtirol presents itself in a new guise entirely centred on the sensorial theme, taste, cooking and edible plants.

A nature to be smelt, touched, spied, deciphered and obviously tasted along the sensorial pathway, **a nature to enjoy** first hand in a mountain refuge and a **nature to taste and cook!**



WATER

Swimming course

Can you even imagine what better place there is to learn to swim than the splendid heated swimming pool at the Cavallino Bianco?

Those first movements in water, the first strokes, the first steps... just like fishes!

Fun is the order of the day, learning to swim just couldn't be better!



SNOW

Lino's Fun-Skischool

LINO'S SKI SCHOOL

Learn to ski whilst having fun

Just for our smaller guests, Cavallino Bianco organises together with expert instructors, courses to learn to ski for beginners and also for children wanting to improve their technique and ability.

The team at Lino Land will be happy to assist your children for the morning departure and on their return.

Against enrolment at Lino Land we will take care of accompanying the kiddies to their instructor and will collect them on their return to enjoy lunch together!

Fun and safety are our magic words!



FUN IS ON STAGE EVERY NIGHT IN THE THEATRE AT CAVALLINO BIANCO



IT'S SHOW TIME!

Cinema for all

Relaxation and fun before the big screen, a hard to beat classic.

Staff Evening

Allow us to present ourselves! An evening where we will entertain you with our show.

Baby & Kids Evening

Your very own children are the stars of the show! They will tread the stage to the rhythm of music wearing theatrical costumes!

Junior Evening

Games and animation for never ending fun, absorbing activities dedicated to children.

Outside entertainers

Magic shows and entertaining clowns... A show to leave you dumbfounded.

Lino Evening

Our very own Lino, the mascot, much loved by children, at the centre of a show dedicated to him, a star of games and performance.

Family Evening

There is no time more precious than that spent together... so make room for some fun! Activities and games to include all the family: united you are a "winning team"!



Ivonne Daurù Malsiner

School and specialization

Doctor Ivonne Daurù Malsiner, graduated in Science and Alimentary Technologies from the University of Vienna, and specialised in the development of alimentary behaviour, in infants and adolescents alimentation and in eating disorders and overweight.

Currently collaborating with "Infes Centre for eating disorders in Bolzano", she has introduced the project "a healthy school canteen" in infant schools.

Furthermore, she is an alimentary consultant of sport and follows several sports groups, and works on projects promoting health as well as holding workshops and conventions.

Contact: ivonne.dauru@virgilio.it

A balanced diet guarantees an **excellent psycho-physical development** of the child. For this reason the world of Lino offers the youngest guests a **varied** and **balanced** diet. A vast choice of dishes rich in vegetables and fresh fruit guarantees as well as a good intake of vitamins and minerals, a good supply of bioactive substances. In the preparation of food, high quality oils are chosen, the dishes have reduced sugar content and therefore also have an objective in preventing overweight in childhood.

Tasty and varied food dishes render mealtimes both a pleasant and fun occasion. During the holidays children can prepare and cook snacks which can then be eaten all together.

The menus have been created according to the children's preferences and simultaneously offer a nourishing and balanced alimentation, putting emphasis on fresh seasonal products and the traditional South Tyrolean cuisine.

In this way, children discover that a healthy alimentation is also a really good one!





TRAVEL

Travel safe!

At Cavallino Bianco you can put your trust in a consultancy with our doctor, who is present in the hotel at established times (for further information please refer to the reception, service against payment).

In Val Gardena you can find a caring and trustworthy medical assistance. (Medical assistance is an independent service of Cavallino Bianco. In case of need the reception area will contact one of the doctors available in the area who will apply rates at their own discretion)

Paediatri **Vesna Murganic**

Degree in medicine and surgery

Specialised in Paediatrics at the Meier University of Florence

Tel. +39 347 0353518

Travel light!

At Cavallino Bianco you can hire:

- city pushchairs for outings in the town
- pushchairs for mountains (*limited availability*) - €
- pushchair Stokke (*limited availability*) - €
- child carrier with maximum capacity of 15 kg
- baby bath, baby recliner or "flipper" for bath times (*limited availability*)
- baby potty · breastfeeding cushion (*limited availability*)
- arm bands for swimming · bottle warmer · steriliser · thermos
- rubber ring · recliner (*limited availability*)
- Lego Duplo (*limited availability*) · baby phone · Nintendo Wii - €

Hire subject to deposit charge

The hire of items indicated by the symbol € is subject to payment.