SUMMER 2019

DOLOMITES experiences

A PLACE FOR THE SOUL

A UNIQUE NATURE EXPERIENCE IN THE DOLOMITES
In the heart of nature. Here, far from traffic and the daily grind, you will get back in touch with yourself, in a unique, fascinating place, full of opportunities for discovery and vivid impressions that will stay with you for a long time.

The Alpe di Siusi, the largest high-altitude plateau in Europe, is located in the heart of the legendary landscapes of the Dolomites, with sweeping meadows and forests, and an one-of-a-kind backdrop of splendid mountains, each more impressive than the next. The Alpina Dolomites Lodge is located here in this unique setting. A place for the soul, where you will enjoy unforgettable days, in harmony with the rhythms of nature. A place where you can spend time contemplating and daydreaming.

**COMFORT**
The perfect environment for relaxing and daydreaming in absolute comfort. With 60 Superior/Exclusive rooms and luxurious suites, the Mountain Lounge & Bar, a pleasant lounge with fireplace, a reading area, a charming Cigar Lounge, a sun-drenched terrace and an underground garage.

**VITALITY**
Sink down into our panoramic indoor and outdoor swimming-pool. Rest and rejuvenate in the sauna area with Finnish sauna, herbal bio-sauna, saline steam bath and aromatic bath. The relaxation areas are furnished with waterbeds and comfortable loungers. The fitness area boasts the most modern equipment.

**HEALTH**
Regular exercise, a balanced lifestyle and proper nutrition are the basis for a healthy life. Following these simple rules is the key to staying effortlessly in shape.

**HARMONY**
The soul requires attention just as the body does. This is why it is important for the body and spirit to be in sync. Massages, Ayurveda, yoga, and effective relaxation methods help re-establish inner peace.

**BEAUTY**
The skin is the mirror of the soul. Achieving inner harmony and serenity is the best way to maintain a young, glowing appearance. For our part, we offer you our professional skills, highly effective methods, top products of the most renowned brands, beauty-care treatments, various types of massages, Ayurveda and personalized beauty and wellness programs.

**JOY OF LIVING**
There are many things that inspire joy of living: for instance, physical activity and the ability to take time for yourself every so often. To that end, you must try one of our ski excursions with our instructor or a snowshoe excursion with our expert guide. You can even follow a fitness program or simply spend a wonderful evening in the piano bar. At the Alpina Dolomites, there are many opportunities to relax and have fun – you will be truly spoilt for choice.

**THE PLEASURES OF LIFE**
There are many pleasures in life such as culinary delicacies, excellent wines from the best winemaking tradition, and allowing yourself to be pampered. The true pleasures, however, are the ones that will stay in our memory – like the delicious dinners at our Mountain Restaurant & Stuben accompanied by the noble wines of our cellar. At the Mountain Bar, sipping high quality liqueurs and spirits, time will go by pleasantly. Cigar lovers will appreciate our Cigar Lounge.
IN TUNE WITH YOUR BODY

Is your health important to you? Then do something to get the blood going, increasing resistance, and improving your physical condition. It couldn't be easier: in our fitness area, you will find the most modern equipment for cardio and fitness and for improving muscle tone. The fitness programme is especially wide ranging, including aquagym, with aquafitness and aquajogging, stretching, low-impact exercise and Space Curl. Let our expert instructor offer advice. After an initial meeting to define your objectives, you will run through a few tests that will allow for the creation of a targeted training programme just for you. It is never too late!

BALANCE AND HARMONY

Today, more than ever, yoga is practiced throughout the world. This discipline that goes back thousands of years helps in finding an inner sense of harmony, freeing up the mind to focus on the essential. The enchanting landscapes of the Dolomites further enhance the effects of yoga: contemplating these views is enough to make one feel all the more content and relaxed. Yoga is beneficial for the body and spirit, offering an indescribable sensation of lightness.

DISCOVERING NEW LANDSCAPES

The journey is the destination.

Excursions, climbing, running, Nordic walking and mountain biking. Whatever sport you practice, here it becomes much more than mere physical activity: it will be an exciting adventure, with you as one of the protagonists.

Step after step, breath after breath.

There is so much to see and discover. Magnificent colours, refreshing breezes and the wonderful scents of nature. In the midst of such rare beauty, you can breathe in deeply, immediately benefitting from the profoundly reinvigorating effects of pure mountain air.

ENERGY AND VITALITY

TO START EACH NEW DAY WITH ÉLAN.
Once you have reached the top, the splendid views of the surrounding valleys and mountains will more than make up for the difficulty of the climb. In the magical world of the Dolomites, every excursion is an unforgettable experience through mysterious forests and expansive green meadows, going higher and higher, from one panoramic lookout to another.

We suggest taking part in the excursion that includes a barbecue at our hut on the Alpe di Siusi. You can enjoy typical food specialties in a place that is unique in the world, a convivial experience in the heart of nature on the largest high-altitude plateau in Europe. Don’t miss it!

**DAWN ON THE DOLOMITES**

*EVERY MORNING, NATURE PRESENTS ITS MOST CAPTIVATING SIDE. LISTEN TO ITS CALL! HOW ABOUT AN EXCURSION THAT WILL ALLOW YOU TO ADMIRE THE SUNRISE?*

**BREATHTAKING VIEWS**

*Set off by looking up toward the sky, at the mountain peaks.*

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**THE JOYS OF HIKING**

*Taking a brisk walk through silent woods and meadows, where the only sounds are those of nature, is relaxing and meditative. Far from the stressful routines of daily life, the mind is freed up, the senses are sharper, and you feel lighter, at peace with the world and yourself. Try it and you will become addicted!* 

**ADVENTURES ON TWO WHEELS**

*The Dolomites offer an incredible variety of mountain bike itineraries and trails. We propose a wide choice of guided tours along numerous paths, all with beautiful panoramic views, so that you can choose the one that matches your skill level.*
WORLD OF WATERS AND AROMAS

THE BEST NATURAL MATERIALS AND HOLISTIC TREATMENTS FOR YOUR OVERALL WELL-BEING. THE LARGE SPA AND BEAUTY CENTRE AT THE ALPINA DOLOMITES IS AN ENCHANTING, RELAXING SPACE WHERE YOU CAN ENJOY A UNIQUE SENSORIAL EXPERIENCE. FOCUSING ON YOUR OWN BEAUTY HAS NEVER BEEN SUCH A PLEASURE!

ALPINA RELAXATION
06.06.19 – 14.07.19
01.09.19 – 03.11.19
Relaxing beauty and wellness treatments are a solace for both the body and the spirit.
• 1 Californian massage
• 1 aromatic pack
• 1 facial treatment
• Daily movement and relaxation program
PRICE PER PERSON € 215
This package can be booked for stays of at least 4 nights.

FOR A TRULY UNIQUE SENSORIAL EXPERIENCE

ALPINA NATURE
28.07.2019 – 04.08.2019
A few days to relax and regenerate. Energy and wellness according to old Alpine traditions.
• 1 mugo pine oil peeling and massage
• 1 hay bath
• 1 combination massage (plantar and back massage)
• Daily movement and relaxation program
PRICE PER PERSON € 215
This package can be booked for stays of at least 4 nights.

ALPINA SPORT
06.06.2019 – 07.07.2019 | 01.09.2019 – 03.11.2019
Balm for the spirit and renewed vitality and energy for the body.
• Active massage
• 1 mountain herb bath
• 1 Thai massage
• Daily movement and relaxation program
PRICE PER PERSON € 185
This package can be booked for stays of at least 4 nights.

TOTAL RELAXATION

Our massages offer a type of relaxation that makes for profound, lasting well-being. It would be our pleasure to recommend the massage best suited to your personal needs: Thai, Ayurvedic, La Stone, Tibetan or Aromatherapy massage.
PLEASURES OF THE TABLE

TEMPTATIONS THAT ARE DIFFICULT TO RESIST, MAKING LIFE ALL THE MORE OF A JOY AND A PLEASURE.

REFINED CUISINE AND EXQUISITE WINES

Let yourself be tempted by the excellent cuisine at the Alpina Dolomites, with dishes made with fresh local and regional ingredients. Our chef and his team love to reinterpret Mediterranean, Alpine, and international traditions with imagination and creativity. The attentive service and a wide selection of exquisite wines make for a top culinary experience.
MANY OPPORTUNITIES FOR
A DREAM HOLIDAY

In addition to the Alpina Dolomites, we have other properties offering unforgettable stays. The award-winning Relais & Châteaux Gardena Grödnerhof offers the charm of a hotel steeped in tradition with a luxurious spa. Finally, the Gardena Chalets in the heart of Ortisei are the perfect choice for guests who want to be independent but don’t want to give up anything in terms of comfort.

TWO DREAM DESTINATIONS IN A SINGLE VACATION
ALPINA DOLOMITES & GARDENA GRÖDNERHOF
07.06.19 – 13.10.19

Take advantage of this truly unique opportunity to combine a stay at the Alpina Dolomites with one at the Gardena Grödnerhof. The seven-day package begins at the hotel of your choice: at the Alpina Dolomites, on the charming Alpe di Siusi, or at the Gardena Grödnerhof, in the renowned Val Gardena. You only have to decide where you prefer to stay the first few days (Sunday arrival and departure).

The offer includes:
• 4 nights (from Sunday to Thursday) with half board at the Alpina Dolomites or at the Gardena Grödnerhof
• 3 nights (from Thursday to Sunday) with half board at the Gardena Grödnerhof or at the Alpina Dolomites

We are at your complete disposal to provide any and all additional information.

GARDENACHALETS
FEEL AT HOME IN THE DOLOMITES

Exclusive apartments where the charm of Alpine tradition meets modern design. The Gardena Chalets will satisfy all of your needs. They are located in the heart of Ortisei but in a more intimate setting, enjoying a splendid view of the surrounding landscape.

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