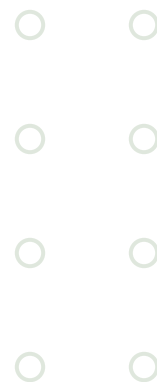


# 2019/20



**CYPRI  
aner  
HOF** 1175 m



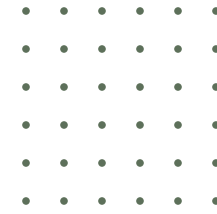


# in THE middle OF nature



WE OWE A LOT TO OUR BEAUTIFUL NATURE.  
AS HOTEL OPERATORS WE KNOW THIS. WE  
THEREFORE DO EVERYTHING WE CAN IN ORDER  
TO PRESERVE OUR SURROUNDINGS.

*Only then it is truly healthy to  
take a breath!*



GOOD  
MORNING





## nature in THE HEART

- Rooms furnished with natural wood furniture, a lot of glass and Loden fabrics warm natural wooden floors
- Low-energy house standard A with ideal heat insulation
- Heating systems, which do not affect our mountains: our wood-chip heating plant burns CO2-neutral grinding waste from our forests, the photovoltaic system takes advantage of the sun, and energy in Tiers generated from water power
- Healthy nature cuisine with local, ecological and socially acceptable products, which origin from an energy-saving and environmentally friendly production and use, and which are chosen based on the season

### ADVENTURE HIKING

- Located directly at the hiking trail network of the Rosengarten Mountain
- Tour proposals and tips by Martin Damian and certified hiking guides
- Adventure nature wellness
- Travelling without car with bus stop directly at the hotel



# Taste the Surroundings



## HEALTHY and Regional

### IN THE MORNING:

- Mountaineering breakfast buffet
- Freshly squeezed fruit juices
- Fresh farming products such as vegetables from Untergamp farm, strawberries from the Passeiertal, eggs from the Kohlstatt farm

### IN THE EVENING:

- 5-course gourmet menu (3 menus to choose from) with Homemade creations
- Theme menus
- Italian and Mediterranean creations
- Culinary traditions
- Vast salad buffet
- Vegetables and salad from the Untergamper farm
- Antipasti buffet
- Homemade pasta and ravioli with regional flour
- Dishes with "RegioKorn"
- Meat from South Tyrol
- Herbs from our own vegetable garden
- Wild herbs, which are picked by Heidi during their hikes
- Vegetarian dishes
- Sweet delights from the buffet

WINE TASTING WITH CHEESE AND HOME-MADE CHUTNEY IN THE WINE CELLAR (25,00 €) WITH OUR SOMMELIÈRE SILVIA

### FROM THE KITCHEN

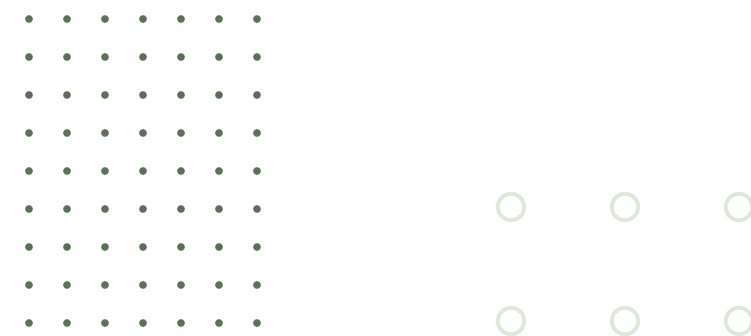
MONIKA DAMIAN

In the kitchen we only use the best products from our surroundings. And this you can taste in all of our homemade dishes! In this way we avoid unnecessary package waste, long transport routes – and thereby support the UNESCO World Natural Heritage, the Dolomites.

*Chef de cuisine  
Monika Damian*







*Here even inside the hotel you enjoy holidays amidst Rosengarten's nature.*

Not only, because the selection of construction and furnishing materials was done based on environmental protection. Also, because the use of wood, stone and large glass fronts provide cosiness and take advantage of the sun in an optimal way during any season of the year.

- Local stone and natural wood – the materials in our Alpine rooms
- The scent of larch and pine helps you to fall asleep
- Sofa, armchair, spacious bathrooms, bidet, shower, sink and hairdryer are part of the basic facilities
- The bizarre rocks of the Rosengarten greet you when looking out of the windows and from the balcony
- Plenty of light and air in all rooms
- The wood from the surroundings in our wood chip plant heating system provides the heat that we need
- Awarded with the Tyrolean Eco Label



# cosiness

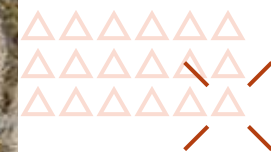


# active in winter



## SNOW-SHOE and SKI TOURS

*Achieving new destinations in an unmistakable nature landscape with power and stamina.*

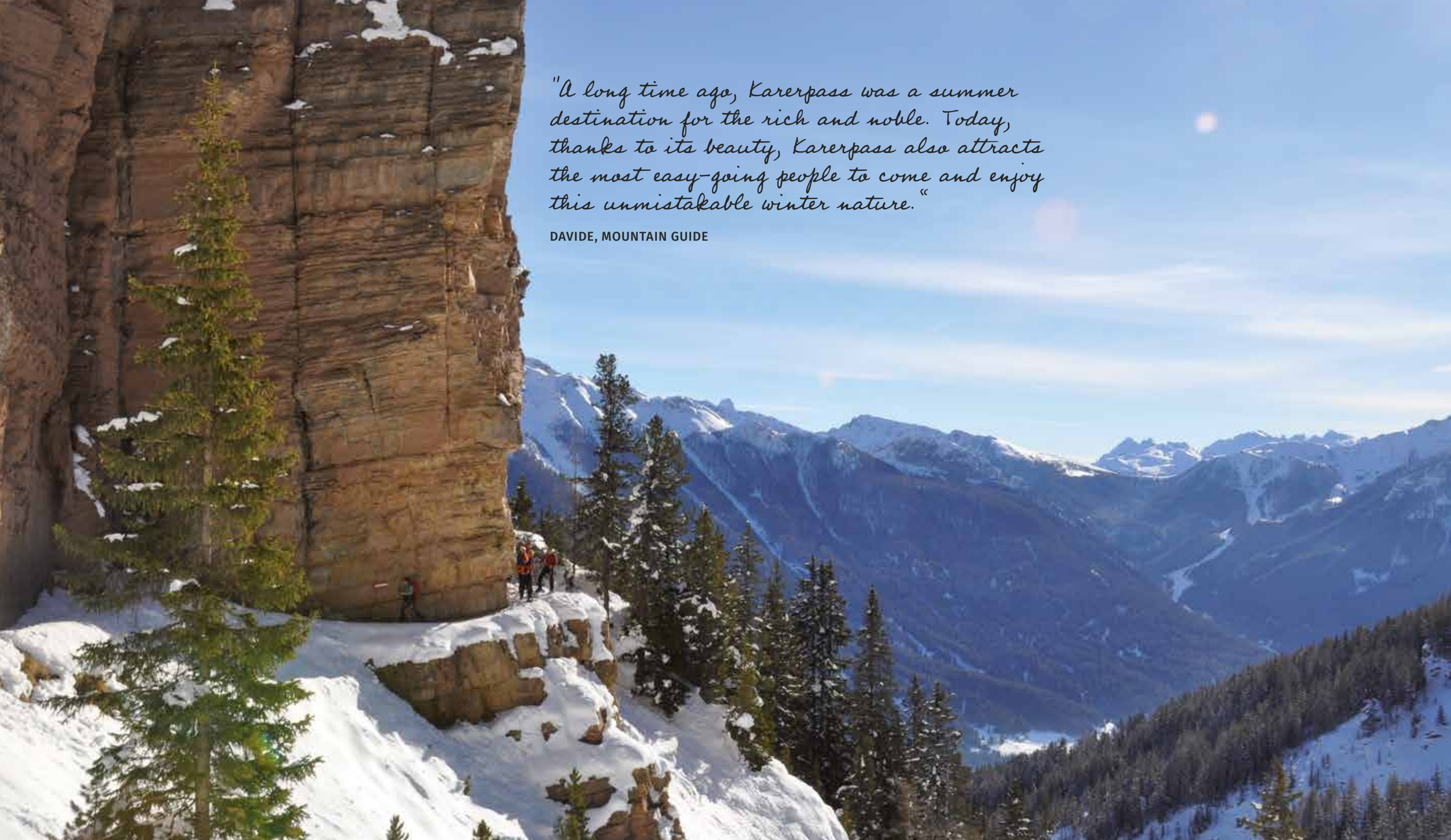


- Snow-shoe hikes start directly at the Cyprianerhof in the Schlern-Rosengarten Nature Park
- Avalanche-safe due to the special landscape characteristics in the Rosengarten area
- Daily up to three guided snow-shoe hikes with different levels of difficulty
- Accompanied by certified mountain or hiking guide
- No prior knowledge required for snow-shoe hiking
- Introductory course at the start of the week
- Equipment rental: high-tech snow-shoes, poles, avalanche transceiver and rucksack included in the Snow-Shoe Hiking Week package
- Tips for the ideal equipment in different snow conditions
- Thanks to a sign-posted snow-shoe hiking trail network you can also hike without guide
- Your car can stay in the garage

*Special offers and tour proposals are available on page 16*

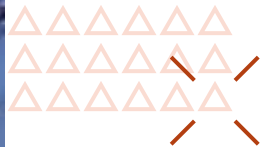
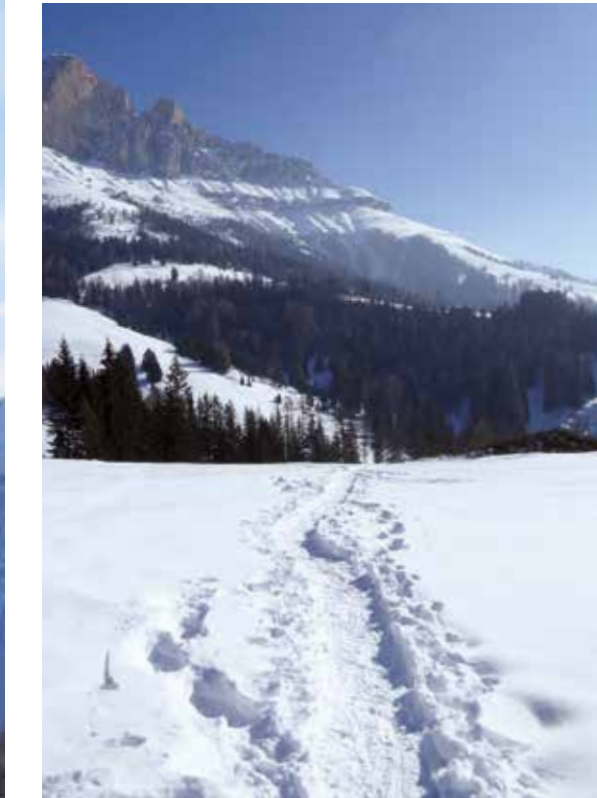






*"A long time ago, Karerpass was a summer destination for the rich and noble. Today, thanks to its beauty, Karerpass also attracts the most easy-going people to come and enjoy this unmistakable winter nature."*

DAVIDE, MOUNTAIN GUIDE





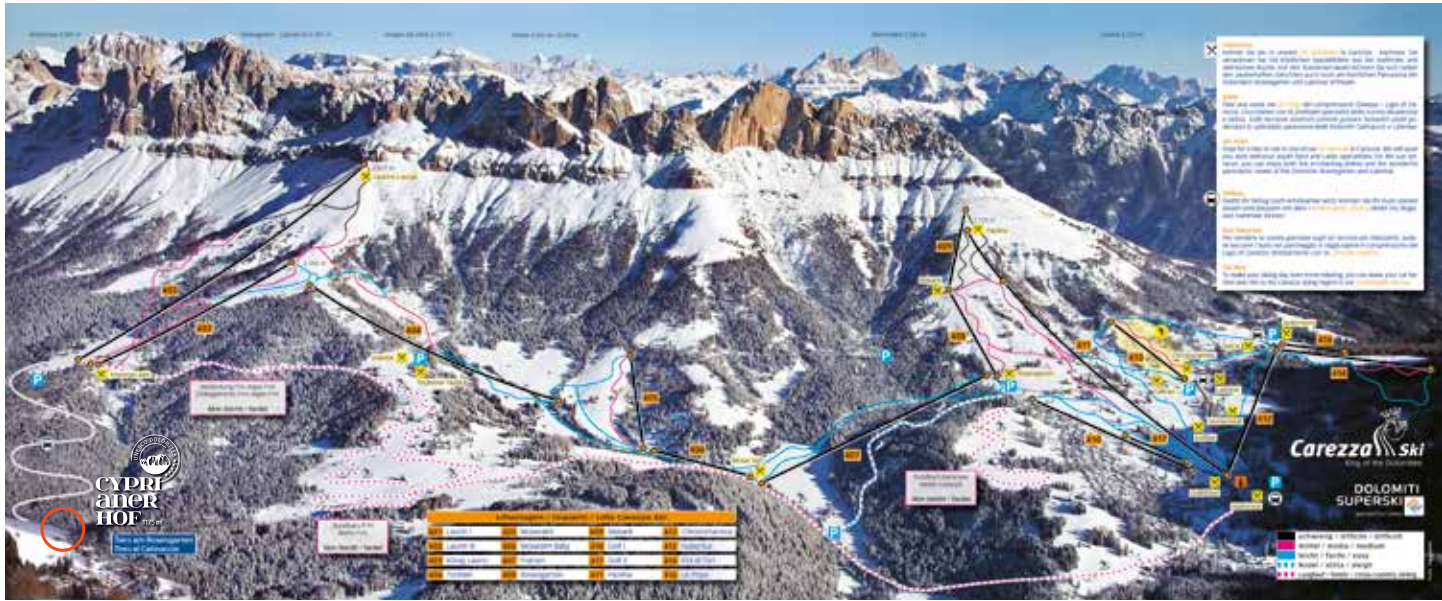
# THE CAREZZA SKI RESORT

*South Tyrol's sunniest ski resort at the bottom of the Rosengarten and Latemar mountains in the UNESCO World Natural Heritage site the Dolomites.*

40 km of perfectly groomed slopes of different levels of difficulty await guests from the start of December to the start of April for skiing, carving, snowboarding, telemark in the unique Dolomite landscape in the Carezza Dolomiti Superski ski resort. The great cross-country tracks, winter hiking

trails, toboggan runs, the Christomannos Snow Park, and an adventurous evening programme with night skiing and night sledging guarantee variety. Skiing pleasures for the whole family in the sun-spoiled Carezza ski resort with 8 hours of sun per winter day! From the first steps on snow

to ski tours for the whole family: the Ski Schools Karersee and Rosengarten guarantee perfect lessons, ski courses for children, child care in King Laurin's Kinderland and great offers for adults.



*Off to the slopes!*





## DOLOMITES SKI SAFARI

add.  
charge from  
**+410€**  
p.P.

- 3 x weekly around the most beautiful Dolomite mountains with cable cars and slopes in the company of a ski guide
- Dolomiti Superski ski pass for 5 days
- Guided snow-shoe hikes including equipment rental
- Back massage
- Sports pack

Minimum stay: 7 days

07.01.–01.02.20,  
22.03.–14.04.20 add. charge **+410€** p. pers.  
02.02.–21.03.20 add. charge **+438€** p. pers.

## SNOW SHOE HIKING WEEK

add. charge  
**+84€**  
p.P.

### (BEGINNER)

- Daily guided snow-shoe hikes
- Equipment rental: high-tech snow-shoes, poles, spats and avalanche transceiver
- Wellness voucher: 35€

Minimum stay: 5 days

## SKI TOURING WEEK

add.  
charge from  
**+412€**  
p.P.

- 4 ski tours with a state certified mountain guide
- Guided snow-shoe hiking tours daily
- Equipment rental: high-tech snow-shoes, poles, spats and avalanche transceiver
- Wellness voucher: 70 €

Minimum stay: 6 days

2–4 participants / add. charge **+564€** p. pers.  
5–7 participants / add. charge **+412€** p. pers.

## SNOW SHOE HIKING WEEK

add. charge  
**+224€**  
p.P.

### (MOUNTAINEER)

- Daily guided snow-shoe hikes
- Equipment rental: high-tech snow-shoes, poles, spats and avalanche transceiver
- Ice-climbing course with a state certified mountain guide
- Wellness voucher: 35€

Minimum stay: 5 days

06.01.–19.02.20  
01.03.–06.04.20

## DEALS 7=6

*We give you  
one day for free!*



## Extract from our WEEKLY WINTER PROGRAMME

### SUNDAY,

- 08.00 Sun Salutation
- 09.50 Snow shoe hiking tour: Malga Haniger with Heidi
- 10.00 We recommend today the ski area Carezza
- 18.00 Welcome evening and presentation of the weekly programme

### MONDAY,

- 08.00 Water gymnastics
- 08.15 Skisafari around the Rosengarten
- 08.30 Introductory course to ski touring
- 09.00 Snow shoe hiking tour with Heidi to the Tschamin Valley
- 16.00 Uhr Respiratory Training „Buteyko“
- 17.00 Primordial silver Quartzite sauna ritual
- 18.00 Sauna fragrance- Vitalpina
- 21.00 Lantern walk

### TUESDAY,

- 08.15 Snow shoe hiking tour: Alpe di Siusi - Puflatsch with Artur
- 08.30 Guided ski tour to the Plattkofel
- 09.50 Snow shoe hiking tour:



Wolf pit yoke – Passo Nigra with final sledge ride

- 10.00 Ski school with Marco
- 10.00 For our little guests: exploring traces in the snow
- 16.00 Gymnastic for the vertebral column
- 17.00 Honey infusion in the pine sauna
- 21.00 Wine and cheese tasting in our wine cellar

### WEDNESDAY,

- 07.15 With the Ski guide to „World War Tour“
- 08.30 Guided ski tour to the Valbon Valley
- 08.30 Snow shoe hiking tour: Duron Valle – Alpe di Siusi
- 09.50 Snow shoe hiking tour: Latemar – Labyrinth path with small

- 15.30 Climbing exercise with Andreas in Laurin's climbing wall
- 18.00 Herbs peeling in the steaming bath
- 21.00 Carezza Snow Night

### THURSDAY,

- 08.00 Freeride off-piste at the Sellagroup
- 08.30 Snow shoe hiking tour: Ciampedie rifugio Roda di Vaël with Martin
- 09.50 Snow shoe hiking tour: Völsegger Alp - Baumann Hut – Messnerjoch Hut with final sledge ride
- 10.00 Ski school with Marco
- 11.00 For our little guests: Let's build an igloo
- 16.00 Preparing Schüttelbrot (rye bread) with baker master Johannes
- 17.00 „Herbal Inferno“ infusion in the pine sauna - our hottest for Sauna professionals
- 18.00 Sauna fragrance with singing bowls friday,
- 07.50 Skisafari Marmolada
- 08.00 Waking up „Do-In“
- 09.00 Snow shoe hiking: bears' trap and Knüppel-way with Artur
- 10.00 Introduction to ice climbing
- 10.00 Snow shoe hiking tour: Prösels – Cyprianerhof
- 16.00 Relaxation for muscles
- 18.00 Refreshing sauna ritual



### SATURDAY,

- 09.00 Winter via ferrata “Favagno”
- 09.50 Snow shoe hiking from the „Kaiserstein“ to Passo Nigra to the Cyprianerhof
- 10.30 Guided city tour in Bozen
- 16.00 Sweet crêpes on our buffet
- 17.00 Sauna ritual Tyrolian style
- 18.15 We invite you to a welcome Prosecco

*Curious? Always up-to-date on  
[www.cyprianerhof.com](http://www.cyprianerhof.com)*



active

in summer



## DOLOMITES HIKING ADVENTURE

*What could be more beautiful than  
hiking through nature?*

*Mountain guide  
Heidi Pattis*

- Hiking trails starting directly from the hotel
- Ideal hiking position at the bottom of Rosengarten Mountain in the UNESCO World Natural Heritage, the Dolomites
- Alpine meadows, mountains and spruce forests around the house
- Mythical legends of King Laurin
- Extra sunny position – more than 300 days of good weather per year
- 20 guided hiking tours per week
- In the company of professional, state certified mountain and hiking guides
- As a hiking hotel we fully devote ouself to the mountains
- Hiking information point
- Hiking bus
- Equipment and outdoor service
- Hiking rucksack, hiking poles, drinking bottle, climbing harness, helmet and climbing set, snow-shoes, avalanche transceiver and shovel for rental
- Awarded 5 Mountain Crystals by the Wanderhotels Group

*Our exciting weekly programme is  
available on page 20 and 22*



### HEIDI PATTIS

the mountains are her world

A unique character with a lot of heart and even more humour, this is how our guests describe Heidi, who has been supporting guests at our hiking hotel in the Dolomites since 2000. The retired municipal official is a walking encyclopaedia of herbs and knows the right herb for every ailment. Hiking with her is a unique experience that “touches the heart” to put it in the words of our guests. Nobody knows the stories and legends around Catinaccio/Rosengarten better than our Heidi, who also fascinates her listeners with her true stories of the harsh mountain life in the past. You simply have to get to know her!



## Via FERRATA and ALPine CLIMBing

*Unique summit experiences with  
technique and experience.*



### Via FERRATA

add. charge  
**+130 €**  
p.P.

#### INTRODUCTORY COURSE

Climbing safety techniques, climbing exercises, knot tying and abseiling techniques to be learned on natural rock. Breathtaking one-day course.

2-4 participants p. mountain guide

### Via FERRATA

add.  
charge from  
**+130 €**  
p.P.

#### DAY TOUR

Lasting experiences on panoramic Dolomite trails: Santner Pass, Marmolada, Kesselkogel, Laurenzi Trail, Oskar Schuster Trail, Latemar Towers ... Everything is possible.

2-4 participants p. mountain guide  
**130-160 € p. pers. – depending on the level of difficulty**

Always including transfer and equipment for rental

### ALPine CLIMBing

add.  
charge from  
**+170 €**  
p.P.

#### DAY TOUR

Wonderful climbing tours on Dolomite peaks for a maximum of 2 participants. You choose the summit (Rosengarten, Vajolet Towers, Sella Towers, Santner Peak ...)

1 participants / **from 300 € p. pers.**  
2 participants / **from 170 € p. pers.**



**GREAT LOCATION:** Our hotel is located amidst the most beautiful hiking regions in Austria, South Tyrol, Lombardy and Germany. The hiking trails start directly at the hotel.

**ALPINE COMPETENCE AND EXPERIENCE:** In each of our hotels you'll meet passionate hikers and experienced hiking experts who will be at your disposal to give advice when planning your tours.

**GUIDED TOURS:** On 3 to 5 days a week we offer free guided tours with our mountain guides: from family hikes to selected peak tours.

**EQUIPMENT SERVICE:** In our hotels you can rent equipment such as hiking poles, rucksacks and child carrying rucksacks free of charge depending on availability.

**HIKING TAXI:** We are pleased to bring you to the starting point of your personally planned hiking tours in the region and will pick you up at the agreed location.

**WELLNESS:** After an extended hike you can relax in the sauna, the steam room or during a massage or a cosy bath with alpine herbs.

**CULINARY DELIGHTS AND HEALTHY CUISINE:** We'll spoil you with culinary delights from our region, healthy wholefood and vegetarian specialties.

5 Mountain Crystals: Wanderhotels (Hiking Hotels) with 5 Mountain Crystals meet the highest demands of true hiking and nature freaks. They convince with top hotel facilities, excellent cuisine, comprehensive wellness facilities, many extras and a vast hiking programme with 4-5 organised tours of different levels of difficulty every week.

**THE PHILOSOPHY OF THE VITALPINA HOTELS SOUTH TYROL:** Vitalpina delineates a way of life that brings a conscious sense of nature and the surrounding landscape into resonance with one's own self, drawing strength, vitality and creativity. We see our mountain nature as a valuable resource between Alpine and Mediterranean landscapes, and would be happy to share with you during your holiday.

**STAYING ACTIVE – BEYOND HIKING: LIVING!** Vitalpina's Staying Active concept in an approach towards quality of life. It means being proactive in diverse ways: physical movement outdoors, immersing yourself in nature, active and introspective downtime, a keen interest in local everyday culture and taking responsibility for your own health and nutrition.

**VITALPINA WELLBEING – BEYOND FEELING GOOD: GROWING:** The strength-giving properties of South Tyrol's pristine nature cannot be overvalued. That's why Vitalpina's Feel Good program utilizes Mother Nature to the fullest, in a sophisticated, sense-oriented and authentic way, through soothing, nourishing and fragrant treatments utilizing locally sourced wellness products such as mountain herbs, quartz stone, hay, whey, arnica, juniper and apple.

**VITALPINA DINING - BEYOND GOURMET FOOD: HEALTHY EATING:** Vitalpina cuisine stands for wholesome and environmentally focused nutrition and for conscious enjoyment of easily tolerated, regional dishes using seasonal products.





07.04.–20.05.20  
17.10.–22.11.20

**Deals**  
**7=6**

We give you  
one day for free!

## mountain- climbing weeks

add. charge  
**+190 €**  
p.P.

### INTRODUCTORY

- The first Via Ferrata with a state certified mountain guide
- Equipment rental: climbing harness, fixed-rope climbing set, helmet
- Wellness voucher: 70 €

Minimum stay: 4 days

## Hike & Bike

add. charge  
**+144 €**  
p.P.

### BELVITA MOUNTAIN ACTIVE

- 4 guided hiking tours
- 3 guided mountain bike tours
- Leg massage with activating oil from the mountain pine and arnica

Minimum stay: 6 days

## mountain- climbing weeks

add. charge  
**+298 €**  
p.P.

- 2 easy Via Ferrata with a state certified mountain guide
- Equipment rental: climbing harness, fixed-rope climbing set, helmet
- Wellness voucher: 70 €

Minimum stay: 5 days

## Fixed Rope Climbing Weeks

add. charge  
**+555 €**  
p.P.

- 4 fixed-rope climbing tours with a state certified mountain guide
- Equipment rental: climbing harness, fixed-rope climbing set, helmet
- Leg massage
- Hiker's pedicure

Minimum stay: 6 days

Extract from our

## WEEKLY SUMMER PROGRAMME

### SUNDAY,

- 09.50 am Latemar - rocky labyrinth
- 10.00 am Lady sauna in the steam bath
- 4.00 pm Kids Program
- 4.30 pm Sauna fragrance- Vitalpina
- 6.00 pm Welcome evening and presentation of the programme
- 6.45 pm Aperitivo lungo accompagnat with music
- 9.00 pm Today after dinner we invite you to a Grappa on our hiker's bar

### MONDAY,

- 7.50 am Around the Rosengarten
- 8.00 am Sun Salutation with our fitness coach Andreas
- 8.00 am Alpe di Siusi - Puflatsch
- 8.15 am Via ferrata Roda di Vaël
- 10.00 am Introductory course: Mountain bike
- 10.30 am Kid's program: Orienteering hike for kids
- 3.00 pm Bodytuning Workout
- 3.00 pm From 3.00 until 5.00 pm we serve you sweet crêpes
- 4.00 pm Find peace within yourself
- 5.00 pm Meditation sauna
- 6.00 pm 4 seasons infusion in the "Schupfensauna"

### TUESDAY,

- 5.00 am Sunrise hike
- 8.00 am Introduction for fixed rope route
- 8.30 am Bärenfalle Hammerwand
- 10.45 am am Kid's program: The new creative tour in Aica di Fiè
- 11.00 am Kneipp walk along the "Schwaiger brook"
- 3.30 pm Respiratory Training "Buteyko"
- 5.00 pm Herbs peeling in the steaming bath
- 5.00 pm climbing practice with the alpine guide at the Cyprianerhof
- 6.00 pm Sauna ritual Tyrolean style in the hay sauna
- 9.00 pm Wine and cheese tasting in our vine cellar with sommelier Silvia

### WEDNESDAY,

- 8.00 am Ferrata Passo Santner
- 8.00 am Rosengarten peak
- 9.20 am "Purgamötsch"
- 9.45 am Children program: A morning at the farm
- 3.30 pm Suspension Training (TRX)
- 3.30 pm Preparation of "Tierser Schutza"
- 4.30 pm Relaxation for muscles
- 5.30 pm Meditation sauna

- 6.30 pm "Herbal Inferno" infusion in the Schupfensauna
- 8.30 pm Grappa degustation with fine grappas and acquavite from the distillery Marzadro in our hiking bar
- 5.00 pm-9.00 pm am Exhibition in the school of Tires: the world of the bees

### THURSDAY,

- 7.25 am Climbing on the Vajolet towers
- 7.30 am Catinaccio d'Antermoia
- 8.00 am Waking up "Do-In"
- 8.00 am Alpe di Siusi - Alpe di Tires- Sciliar - Cyprianerhof
- 9.20 am to the marmot valley a hiking tour under the towers of the Maserè
- 10.30 am Kid's program: For young adventurers - On the "Tschetter hole"
- 4.00 pm Gymnastik for the vertebral column
- 5.00 pm Honey infusion in the "Schupfensauna"
- 6.00 pm Sauna infusion "Africa" in the "Schupfensauna"

### FRIDAY,

- 7.30 am Via ferrata to Marmolada
- 7.50 am Scaliaret - Antermoia

- Pass - Ciamin valley
- 8.00 am Walking barefooted through the nature
- 8.00 am Climbing tour - Roda di Vael area
- 9.00 am Bike along the "Schlern" and "Hammerwand"
- 9.20 am Around the Cigolade towers
- 10.00 am Lady sauna in the steam bath
- 10.30 am am Kid's program: Big treasure hunt
- 4.30 pm Slackline - how to balance like the professional climbers
- 5.30 pm "Mysticism of Gregorian" sauna ritual in the hay sauna
- 6.30 pm 4 seasons infusion in the "Schupfensauna"

### SATURDAY,

- 7.55 am Via ferrata Finanzieri
- 8.00-13.00 am Farmer's market at Völs am Schlern
- 8.00 am Waking up "Do-In"
- 8.00 am Climbing tour - Sellatürme
- 9.00 am Guided city tour at Bozen
- 9.20 am Hiking tour to the Poppekanzel
- 10.00 am Lady sauna in the clay sauna
- 10.00 am E-Bike tour to Wolfsgrube
- 4.30 pm Sauna fragrance with singing bowls in the clay sauna argilla
- 6.15 pm we invite you to a welcome prosecco





## Welcome to the **Similde SPA**

At the beginning of twilight when a light, fresh breeze comes down to the valley from the red shining Rosengarten, tired hiking feet come to the Similde Spa. Experience a combination of old traditions and modern Spa science in our products and treatments.

*We live and work with the most  
intelligent laboratory in the world ...  
— nature — our biggest idol and partner.*

**TREAT YOURSELF AND YOUR BODY TO  
SOME TIME OUT. WE ARE LOOKING FORWARD  
TO MEETING YOU!**

*Similde-Spa team*







**BASED BOTH ON THE NEEDS OF YOUR SKIN AND ON SCIENTIFIC FINDINGS, THE MANUAL TREATMENT METHOD OF TEAM DR JOSEPH STARTS DEEP IN THE TISSUE.**

Following the natural laws of function, the skin's metabolism is brought into balance: The nervous system is calmed, facial expressions become relaxed, the flow is harmonized and micro-circulation is normalized, with the aim of caring for and maintaining the holistic feel of your skin, your health and your incomparable beauty.



**SILVER QUARTZITE TREATMENTS TAKE THEIR ROOTS FROM THE TRADITIONAL HEALING CRAFTS OF THE ALPS AND BLEND THE HEALTH-GIVING POWERS OF WILD HERBS AND THE INCOMPARABLE EFFECTS OF SILVER QUARTZITE.**

A natural healing concept which fascinates our therapists, silver quartzite treatments activate the body's own self-healing powers and provide complete detoxification and a deep sense of relaxation.



This natural beauty line for face and body originates from the deepness of the glacier in the Ötztal Alps. The basis of the beauty line consists of Mica Glacial and Aqua Glacial.

**THESE EXCLUSIVE ELIXIRS TAKEN FROM THE GLACIER PROTECT THE CELLS.**

Furthermore, they provide moisture and make sure moisture stays deep is saved in the skin in the long term to keep it tight and elastic. Hence, one of the most important characteristics of Glacisse is its cell-renewing effect, which equals natural skin rejuvenation.



**THE COUNTRYSIDE OF THE BEAUTIFUL SARNTAL VALLEY ABOUNDS IN SWISS MOUNTAIN PINE:**

The unusual microclimate of the region, the acidic soil at an elevation of between 1,600 and 2,400 m and the pure mountain air provide the perfect conditions for its healing powers to develop.

The Trehn of legend was a „herb fairy“ from the Sarntal Valley, well-versed in the power of the plants; by night, when the witches gathered at the mystical site of the „Stoanerne Mandln“ (stone men), she would pick the branches from mountain pine and throw them into the fire. Even then, the perfume of the mountain pine was famed for its exhilarating effects and its power to free the spirit and infuse energy.

## SÜDTIROL Balance

add.  
charge from  
**+ 85 €**  
p.P.

**PURE RELAX  
AT THE ROSENGARTEN**

04.05.–27.06.2020

- Participation in the daily Südtirol Balance program
- Daily guided hiking tours
- Time-out relaxation massage

Minimum stay: 7 days

*We give you  
one day for free!*

## alpine Wellness

add. charge  
**+ 180 €**  
p.P.

All year

- SPA pedicure
- Mountain salt peeling
- Time-out relaxation massage

Minimum stay: 2 days

## BREATH DEEPLY

add. charge  
**+ 114 €**  
p.P.

All year

- Free breathing Wild thyme & Stone pine
- Alpine fango & Mountain pine pack

Minimum stay: 2 days

## Time FOR mySELF

from  
**320 €**  
p.P.

All year

- Wellness Voucher: 50 €

Minimum stay: 2 days

**Deals**  
**7=6**

**Deals**  
**4=3**

06.01.–19.02.20  
01.03.–20.05.20  
17.10.–22.11.20

06.01.–19.02.20  
01.03.–06.04.20  
14.04.–20.05.20







## SOURCE OF VITALITY

*The low content of salt makes swimming in the saltwater pool a true benefit for your skin.*

**RELAX IN, WHILE ENJOYING THE VIEW OF ROSENGARTEN MOUNTAIN.** In this natural setting, surrounded by greenery, you can freshen up after a sauna or on hot summer days. The 24 m-long natural lagoon is not heated and is 24 m long. Various aquatic plants, phyto and zoo planktons are testimony of the high quality of the water.



## FITNESS AND GYM ROOM

If you want to stay fit on holidays, our new, sunlit fitness room is at your disposal, and features Technogym equipment which you can use round the clock. Our fitness coaches will be happy to show you how to use the equipment. Our comprehensive relaxation and fitness program offers a hug number of opportunities to relax and switch of from the daily routine. The program encompasses body awareness, meditation, daybreak walks, mountain bike and e-bike tours, Kneipp river trails, climbing, mountain trekking.



## Kinderland

With our fun Kinderland to enjoy, even the youngest guests will be in their element while the mums can relax in the sauna, take a dip in the pool or treat themselves to a massage. Kinderland is well-equipped with games that kids love including air-hockey, a slide, a labyrinth table, a baby corner and a farmyard jigsaw puzzle. During the holiday season, we also provide full-day childcare and an adventure-packed outdoor program with geo-caching, a fun day at the farm, a climbing day at the Kaiserstein and caving adventures at the Tschetterloch cave.



For your wellbeing

OUR ALPEN ROOMS



VALBON ROOM

Approx. 28-32 m² with a beautiful view of the alpine meadows and Schlern Mountain; with safe, telephone, flat-screen TV, mini-bar, WIFI and a walk-in cupboard.



NATURE ROOM SALTNER

Approx. 32-40 m² furnished with Loden fabrics in an Alpine lifestyle flair with wooden larch floors from our forests. Large window with lots of sun in the afternoon, and a spacious bathroom with floor heating. Flat-screen TV, mini-bar, WIFI and safe.



EDELWEISS ROOM

40 m² with a view of the Rosengarten Mountain in scenting pine wood, safe, flat-screen TV, WIFI, cosy seating area with sofa or armchair and wooden larch floor. A spacious bathroom with WC, bidet, shower, spacious sink, hairdryer and floor heating.



TRAUN SUITE

Approx. 41 m² with a splendid view of the Schlern and Tschafon mountains. The separate sleeping area in an alpine rural style features a telephone, flat-screen TV, mini-bar, WIFI, safe and a spacious bathroom, while the old wood living area provides a truly cosy atmosphere.



DELAGO

on 35 m² with chopped oak, loden cozy living area with sofa and a large window area in front of the unique backdrop of the Rosengarten massif. Flat-screen TV, WI-FI, mini bar and safe, spacious bathroom, large shower, washbasin hair dryer with separate toilet and bidet.



GARTLSUITE

with approximately 73 m² with two cozy bedrooms equipped of chopped oak and loden living area with sofa and a window area in front of the unique backdrop of the Rosengarten massif. Flat-screen TV, WI-FI, mini bar and safe. Two bathrooms with spacious showers, sinks hair dryer and separate toilet and bidet.



ALPINEA VAJOLET

Homely Alpine room of 35 m² with scenting pine wood, a cosy seating area and wooden larch floor. Flat-screen TV, mini-bar, WIFI and safe. The spacious bathroom with WC, bidet, shower and a big sink, hairdryer and the heated floor invites you to linger.



LAURIN ROOM

With a breath-taking view of the Rosengarten, cosy living and sleeping area over 30 m² in a rural style; with telephone, flat-screen TV, mini-bar, WIFI, safe and walk-in cupboard.



SCHLERN ROOM

With homely living and sleeping area in South Tyrolean flair over 26 m²; with telephone, flat-screen TV, mini-bar, WIFI and safe. You enjoy a relaxing view of the Schlern Mountain.



JUNGBRUNN FAMILY

with separate children room on about 42m², equipped with chopped oak, loden cozy living area with couch and armchair. The window area gives a panoramic view of the scenery of the Schlern massif. Flat-screen TV, WI-FI, mini bar and safe, and a bathroom with large shower, washbasin hairdryer, separate bidet and toilet complete the comfortable atmosphere.



JUNGBRUNN

with approximately 40 m² with chopped oak, loden cozy living area with sofa and large window area overlooking the marvelous scenery of the Schlern massif. Flat-screen TV, WI-FI, mini bar and safe. A spacious bathroom with large shower washbasin hairdryer toilet and bidet.



SINGLE ROOM JUNGBRUNN

on 20 m² in modern Alpine lifestyle flair. Equipped with chopped oak, loden, cozy armchair and large windows face against the beautiful backdrop of the Schlern massif. Flat-screen TV, WI-FI, mini bar and safe. A modern bathroom with shower, toilet, bidet, sink and hair dryer



Find all the prices on  
[www.cyprianerhof.com](http://www.cyprianerhof.com)



Dezember 2019	Jänner 2020	Februar 2020	März 2020	April 2020	Mai 2020
1	1	1	1	1	1
2			2		2
3	3	3	3	3	3
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29	29	29	29	29	29
30	30	30	30	30	30
31	31		31	31	31

June 2020	July 2020	August 2020	September 2020	Oktober 2020	November 2020
1	1	1	1	1	1
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## GOOD TO KNOW

*What's included and constitutes wellbeing in the Cyprianerhof:*



### IMPORTANT NOTES

- Room with breakfast only: Reduction Euro 8.00 per day.
- Single room surcharge in the Stone Pine nest Room from 35,00€
- Room service Euro 10.00
- Dogs upon request; fee of Euro 38.00 per day without food (please bring your own blanket or basket). Please note that pets have no access to the dining room, the sun lawn or the wellness area.
- Arrival: On the day of arrival the rooms are ready from 3 p.m. The day of departure we request the rooms to be vacated by 11.00 a.m.

- Late Checkout: Enjoy the afternoon buffet and the wellness area also on the day of departure (Euro 38.00).
- Cancellations: Room cancellations are only valid if submitted in written form. Up to 3 months before the start of your holiday: no cancellation fees / from 3 months to 1 month: we will invoice you for 40% / from 1 month to 1 week before – 80% of your pre-booked stay from the last week to 2 days before – 90% of your pre-booked stay. From 2 days before, in case of delayed arrival or early departure - 100% of your pre-booked stay

- Travel Cancellation Insurance: covers all cancellation costs in case of accident, illness or death. If you want to purchase travel cancellation insurance please use the form that you find attached with your booking confirmation.
- Deposit: To confirm the booking definitely, we require a deposit payment of Euro 450.00 (in high season 30% of the booked stay) to our bank account IBAN IT91 2060 4511 6000 0000 7300 467 (Swift: CRBZIT2B090) Sparkasse or a confirmation of your Travel Cancellation purchase. Please pay in cash or by credit card. We ask you to pay package

- week bookings in advance. Unused services will not be refunded. Please note that you can book certain room categories, but not certain room numbers or floors.
- Not included in the accommodation rate is the Tourist Tax\* of Euro 2.30 per person (from 14 years) and night, which has to be paid on-site. \*Legal Tourist Tax („Community Taxes“ law no. 9 from 16.05.2012).
  - This price list invalidates all previous price lists. Misprints and errors excepted.

### CYPRIANERHOF PAMPERING BOARD

- Wonderful and vast mountaineer breakfast buffet with vitality corner, freshly squeezed fruit juices and products from local farmers
- Sundays: Champagne breakfast
- Buffet with fresh and crunchy salads from Moni's kitchen
- 5-course gourmet menus with South Tyrolean and Italian dishes prepared by our daughter Monika and the kitchen team
- Fridays: dessert buffet
- Sundays: welcome aperitif to get to know each other and presentation of the weekly programme with the mountain guides

- Music evenings with the alphorn musicians and jazz concerts (depending on the season)
- WIFI internet access throughout the hotel
- Tea bar and fresh South Tyrolean apples in the Similde SPA wellness area
- Weekly wine and cheese tasting in our wine cellar (Euro 25.00)
- A lot of documentation on hiking and climbing can be found at the hiking information point
- Hiking tips from our hiking and climbing professionals

- For children: kids adventure days with cave adventure, geo caching and 3x weekly child care (during holiday periods)
- Shoe cleaning station and shoe-drying machine
- Daily hiking suggestions
- Cyprianerhof alpine news at your breakfast table with daily tips and information for your hiking day

### FIT AND ALPINE HIKING

- Rental of branded equipment as a service for our hiking guests such as rucksacks, telescopic poles and drinking bottles
- As a Hiking Hotel we fully devote ourself to the mountains, 20 guided tours per week
- Daily guided hiking tours (comfortable tours with a difference in altitude of about 300-400 metres and a walking time of approximately 4-5 hours at the start of the week, and more demanding hikes with a difference in altitude of about 800-1500 metres and a walking time of about 6-8 hours from the middle of the week)
- Introductory climbing course for beginners, from spring to autumn

- (depending on the package you booked, a participation fee may be requested)
- Guided e-bike tours several times a week. E-Bike rental (depending on the package you booked, a rental fee may be requested)
- Mountain-bike rental (for free)
- Rental of high-tech snow shoes (depending on the package you booked, a fee may be charged)
- Rental of poles for snow-shoe hiking
- Weekly beginners course for snow-shoe hikers
- Guided snow-shoe hikes daily (sometimes 2 different levels of difficulty)
- Guided ski safaris in the most beautiful of the Dolomite mountains (medium level of skiing knowledge required)
- Special rates at ski schools

### WELLBEING AND RELAXATION

- Free access to the "Similde SPA" wellness area
- King Laurins' wellness basket for the duration of your stay with cosy bathrobes, towels and slippers

- Cyprianerhof sun lawn with free view of King Laurin's Rosengarten
- Free access to a the climbing wall and fitness room

### SUSTAINABLE ARRIVAL

- We will pick you up at the train station or the airport in Bozen (Euro 65,00), Innsbruck (Euro 300,00) or Verona (Euro 345,00)
- Bus stop right outside the hotel
- Bus connection to Bozen every hour
- Mobilcard available for the whole stay, including all the public transports in South Tyrol
- Ski shuttle to the Karersee ski area every 15 minutes

↪ *We are founding members of the community Wanderhotels – best alpine (since 1995).*



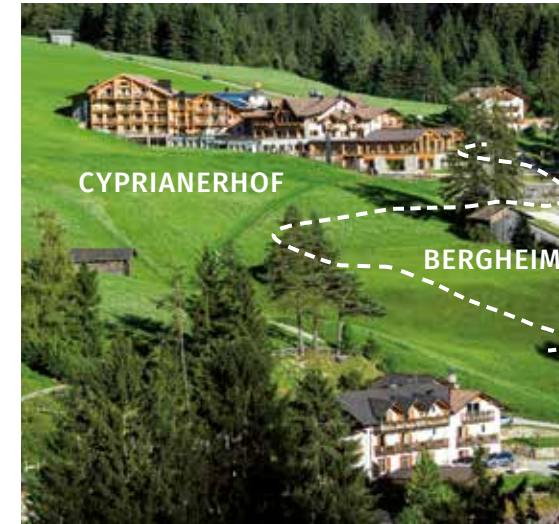
# BERGHEIM GUESTHOUSE

The Bergheim Guesthouse is located approx. 350 m from Cyprianerhof and is accessible by walking through a field. The Tschamin rooms are located in this building. All other services such as breakfast, dinner, wellness area and pool are located in the main building. The wellness basket with bathrobe, slippers and towels is stored in a locker in the main building.



## STONE PINE NEST

Stone pine nest in the guest house „Bergheim“ (only 350m from the main house through a meadow reachable) with fragrant pinewood in a modern alpine lifestyle. Wooden floor warming stone flooring in the bathroom, with a view to St. Cyprian and the mount Tschafon. Equipped with WIFI, telephone, minibar, TV and safe. Breakfast and dinner either in the Cyprianerhof.



# FRANZN

## APARTMENT 1

Cosy holiday apartments over 40m<sup>2</sup> in a bright oak wood, furnished with kitchen with microwave, dishwasher and electric stove. Separate living room with full window front, large terrace balcony, safe, flat-screen TV, internet access, homely seating area with sofa and wooden oak floor. Bathroom with WC, shower, hairdryer and floor heating.

## APARTMENT 2

Large holiday apartment over 100 m<sup>2</sup> in bright oak wood. Kitchen with microwave, dishwasher and electric stove. A full glass front living room with homely seating area, sofa, oak wood floor, 2 separate sleeping rooms, large terrace, safe, flat-screen TV, internet access. Bathroom with WC, bidet, bathtub, shower, hairdryer and floor heating and separate guest WC.

*Holiday apartments  
in Petersberg/Deutschnofen*



Belvita

LEADING WELLNESSHOTELS  
SÜDTIROL

An unforgettable  
break amidst  
majestic  
landscapes

Attractive mountain peaks

Here, you can almost touch the sky. Located on the mountainside, our Belvita Active Hotels offer fantastic panoramic views and an array of services dedicated to winter sports enthusiasts: guided tours, free equipment hire, special offers at different ski areas, and much more. Whether you prefer hiking, skiing, or snowshoeing through snowy landscapes – here, you can enjoy the complete freedom of an unforgettable mountain experience.

This hotel is a member of  
Belvita Leading Wellnesshotels Südtirol.







## **CYPRIANERHOF**

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UNESCO Dolomites / South Tyrol

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