

2022/23

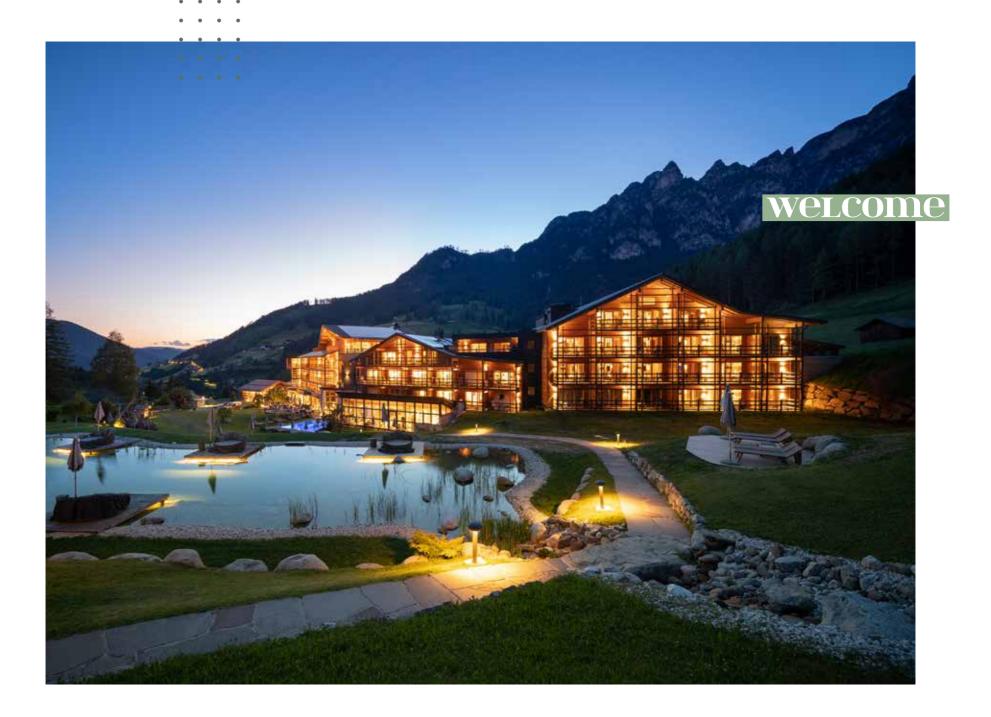




"Nature must be felt."

WITH GREAT CONSIDERATION FOR THE WONDERFUL NATURAL LANDSCAPE A DEEP CONNECTION TO TRADITIONS, AND THE NECESSARY FORESIGHT FOR THE FUTURE, WE HAVE TRANSFORMED OUR HOTEL AT THE FOOT OF ROSENGARTEN INTO A TEMPORARY HOME,

A PLACE TO EXPERIENCE LIFE AND A PLACE TO SLOW DOWN.



nature in the heart

- Rooms with natural wooden furniture, a lot of glass and Loden fabric and a warm natural wooden floor
- · Low-energy house standard A
- Awarded the highest Climate House certification
- Heating systems, which do not affect our mountains: our wood-chip heating plant burns CO2-neutral grinding waste from our forests, the photovoltaic system uses solar power and energy in Tires is generated from water power
- Healthy and nature-conscious cuisine
 with regional, ecological and socially
 responsible products, which origin from an
 energy-saving and environmentally friendly
 production and use which are chosen based
 on the season
- Thanks to the modern saltwater electrolysis system we can forgo all of the additives, such as chlorine
- Energy-saving LED lighting
- Located directly at the hiking trail network of the Rosengarten and Sciliar Mountain
- Adventure-nature wellness
- Travelling without car with bus stop directly at the hotel
- Possibility to rent an electric car for a Dolomites tour
- · Awarded with the Tyrolean environmental label











Healthy and regional

IN THE MORNING:

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

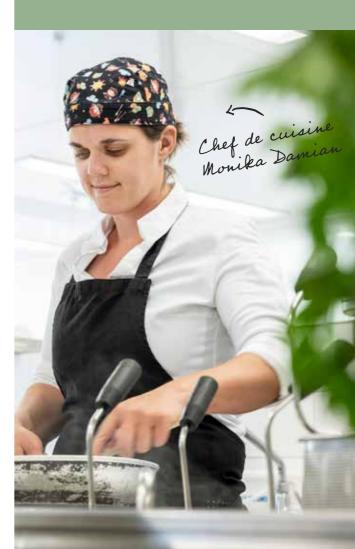
IN THE EVENING:

- 5-course gourmet menu (triple choice to choose from) with homemade creations
- Themed menus
- · Italian and Mediterranean creations
- Culinary traditions
- Vast salad buffet
- Antipasti buffet
- · Homemade pasta and ravioli
- · Dishes with "RegioKorn"
- · Meat from South Tyrol
- · Vegetarian and vegan dishes
- Sweet delights from the buffet

WEEKLY WINE TASTING WITH CHEESE AND HOMEMADE CHUTNEY IN THE WINE CELLAR (28,00 €) WITH OUR SOMMELIÈRE SILVIA

FROM THE KITCHEN

The director behind the stove is Monika Damian, the hotel owners' daughter. She uses the gifts of nature, Monika manages to create tasty works of culinary art that will win over even the most discerning palates.









Even inside the hotel you will enjoy your holidays amidst Rosengarten's nature.

Not only the selection of construction and furnishing materials was done based on environmental protection but also 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.





antermoja Suite









New rooms for more luxury and new suites on the 4th floor are the highlight of the renovation.

These rooms as well are furnished in an alpine style and the glass fronts again offer a panoramic view of the mountains. Nevertheless the Antermoja Suite and the Traunsuite differ greatly from the rooms: these have their own small spa area with sauna, steam bath and either a sky pool or whirlpool. Here, with a panoramic view of the Rosengarten glowing red in the evening sun, guests can experience a modern, alpine feel-good atmosphere.







Traun Suite

Gardeccia

Extract from our WeekLY Winter Programme

SUNDAY

- · 8.00 AM Sun Salutation
- 9.50 AM Snow shoe hiking tour: Malga Haniger with Heidi
- 10.00 AM We recommend today the ski area Carezza
- 6.00 PM Welcome evening and presentation of the weekly programme
- 6.30 PM Live music at our mountain climber bar



MONDAY

- 8.00 AM Water gymnastics
- 8.15 AM Skisafari around the Rosengarten
- 8.30 AM Introductory course to ski touring
- 9.00 AM Snow shoe hiking tour with Heidi to the Tschamin Valley
- 4.00 PM Respiratory Training "Buteyko"
- 5.00 PM Show infusion in the glass sauna



- 6.00 PM Dolomites infusion in the hay barn sauna
- · 9.00 PM Lantern walk

TUESDAY

- 8.15 AM Snow shoe hiking tour: Alpe di Siusi - Puflatsch with Klothilde
- 8.30 AM Guided ski tour to the Plattkofel
- 9.50 AM Snow shoe hiking tour: Wolf pit yoke – Passo Nigra with final sledge ride
- · 10.00 AM Ski course
- 10.00 AM For our little guests: exploring traces in the snow
- 4.00 PM Gymnastic for the vertebral column
- 5.00 PM Breath-free infusion in the hay barn sauna
- 9.00 PM Wine and cheese tasting in our wine cellar

WEDNESDAY

- 7.15 AM Skisafari to World War Tour"
- 8.30 AM Guided ski tour to the Valbon Valley
- 8.30 AM Snow shoe hiking tour:
 Duron Valle Alpe di Siusi
- 9.50 AM Snow shoe hiking tour: Latemar – Labyrinth path
- 3.30 PM Climbing exercise in our climbing hall
- 6.00 PM Crystal magic infusion in the hay barn sauna
- 9.00 PM Carezza Snow Night

Mary 11th

THURSDAY

- 8.00 AM Freeride tour at the Sellagroup
- 8.30 AM Snow shoe hiking tour: Ciampedie-Rifugio Roda di Vaèl with Martin
- 9.50 AM Snow shoe hiking tour: Völsegger Alp - Baumann Hut – Messnerjoch Hut with final sledge ride

- · 10.00 AM Ski course
- 4.00 pm Baking Schüttelbrot with master baker Johannes
- 5.00 pm Relax infusion in the glass sauna
- · 6.00 pm Rosengarten infusion



FRIDAY

- · 7.50 AM Skisafari Marmolada
- · 8.00 AM Waking up "Do-In"
- 9.00 AM Snow shoe hiking: bears' trap and Knüppel-way with Artur
- 10.00 AM Ice climbing in the Fassa Valley
- 10.00 AM Snow shoe hiking tour: Prösels – Cyprianerhof
- 4.00 PM Relaxation for muscles
- 6.00 PM Refreshing sauna infusion

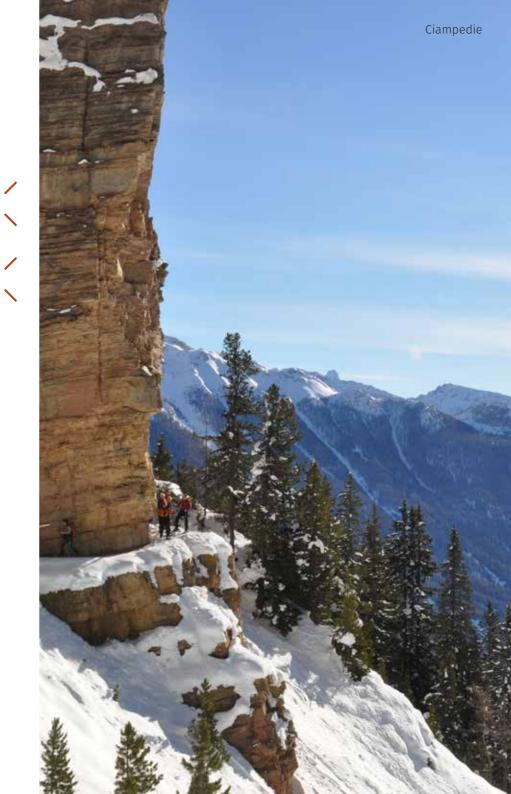




SNOW-SHOE and ski Tours

Achieving new goals in an impressive nature with power and stamina.

- Snow-shoe hikes start directly from the Cyprianerhof in the Schlern-Rosengarten UNESCO World Natural Heritage
- 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 guides
- · 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 remain in the garage



Snow shoe Hiking week

(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

- 2 ski tours with a state certified mountain guide for a price of 185 €
- Guided snow-shoe hiking tours daily
- Equipment rental: high-tech snow-shoes, poles, spats and avalanche transceiver
- Wellness voucher: 70 €

Minimum stay: 6 days

carezza all inclusive

- 6 days skipass for Carezza Dolomites
- 6 x starter plate with mineral water at a ski hut
- All non-alcoholic refreshments (soft drinks) in the hotel
- · 6 days ski equipment

Minimum stay: 7 days

07.01. - 22.01.2023

28.01. - 05.02.2023

11.03. - 26.03.2023



all deals at a glance









... in front of the hotel

Skipass can be purchased
at the hotel

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

- 40 kilometres of perfectly groomed slopes with various degrees of difficulty
- from the beginning of December to the beginning of April
- · Skiing, carving, snowboarding, telemarking
- Cross-country skiing network, winter hiking trails, toboggan runs
- Christomannos Snowpark
- · Night skiing and night tobogganing
- Snowshoe hiking & ski tours

 Ski schools at Karersee and Rosengarten: children's ski courses, supervision at King Laurin Children's land and fantastic adult offers





FROM THE HOTEL DIRECTLY TO THE SKI AREA

Sustainable connection on the mountain and in the valley

On the 10th February 2022, the new Cabrio cable car went into operation: this new reversible aerial tramway with 60 seats connects the Tiers' valley with the the area around the Rosengarten. The valley station is in St. Cyprian and runs up to the Frommer Alm, from where the new King Laurin cable car takes you to the Kölner hut, into the kingdom of King Laurin.





Weekly summer programme

SUNDAY

- 9.50 AM Latemar rocky labyrinth
- 10.00 AM Lady sauna in the steam bath
- · 3.00 PM Cold exposure
- 4.00 PM Citrus ritual in the hay barn sauna
- · 4.00 PM Kids Program
- · 4.30 PM Sauna fragrance- Vitalpina
- 5.00 PM Dolomites ritual in the hay barn sauna
- 5.00 PM Climbing exercises in Laurin's climbing wall
- 6.00 PM Welcome evening and presentation of the programme
- 6.45 PM Aperitivo lungo with live music



MONDAY

- · 8.00 AM Sun Salutation
- 8.00 AM Climbing tour at Window tower
- · 8.15 AM Via ferrata Roda di Vaél
- 9.20 AM Vajolonpass Hirzelweg
- 9.50 AM Panorama tour at Rosengarte - Carezza lake

- 10.30 AM Kid's program:
 Orienteering hike for kids
- · 3.00 PM Guided relax exercises
- · 4.00 PM Meditation
- · 4.30 PM Children's climbing
- 5.00 PM Magic crystal ritual in the hay barn sauna
- 6.00 PM Show ritual in the glass sauna



TUESDAY

- · 4.30 AM Sunrise hike
- 7.50 AM Rosengarten tour
- 8.00 AM Introduction for fixed rope route
- 9.00 AM E-Bike tour to Carezza lake
- 10.30 AM Kneipp-hiking tour along the Schwaiger stream
- 3.00 AM Yoga
- 4.30 AM Sauna ritual "relax" in the hay barn sauna
- 5.00 PM climbing practice with the alpine guide at the Cyprianerhof
- 5.00 PM Yin Yoga
- 6.00 PM Citrus ritual in the hay barn sauna
- 9.00 PM Wine and cheese tasting in our vine cellar



WEDNESDAY

- 8.00 AM Ferrata Passo Santner
 8.00 AM Rosengarten peak
- · 8.00 AM Pranayama Yoga
- 9.20 AM Little Latemarscharte
- 9.50 AM Purgamötsch Haniger hut, Messner hut and along Niger Pass to Cyprianerhof
- 10.00 AM Children program: A morning at the farm
- · 3.30 PM Fitnessbetreuung
- 3.30 PM Preparation of "Tierser Schutza"
- · 4.15 PM Kashtanga Yoga
- 5.00 PM Meditations ritual in the hav barn sauna

THURSDAY

- 7.25 AM Climbing on the Vajolet towers
- · 7.30 AM Kesselkogel via ferrata
- 7.50 AM Scalieret peak Antermoja pass - Tschamin valley
- · 8.50 AM Fassa high trail
- 9.00 AM Calisthenics

- 9.00 AM E-Bike tour Wolfsgrube
- · 10.30 AM Kid's program
- · 3.00 AM Cold exposure
- · 4.00 AM Yoga
- 5.00 AM Dolomites ritual in the hay barn sauna
- · 5.00 AM Pranayama Yoga
- 5.00 AM Mountain air ritual in the hay barn sauna
- · 8.00 PM Live-music

FRIDAY

- 8.00 AM Climbing tour at Window tower
- · 8.00 AM Yin Yoga
- · 8.00 AM Schlern crossing
- 8.50 AM Guided hiking tour to Poppekanzel
- 9.00 AM E-Bike tour to the astronomical observatory
- 9.00 AM Balance and coordinated training
- 10.00 AM Lady sauna in the steam bath
- 10.30 AM am Kid's program: Big treasure hunt
- · 3.00 PM Ashtanga Yoga
- 4.30 PM Fire and flame ritual in the hay barn sauna
- 4.30 PM Guided realx exercises
- · 6.00 PM Wine cellar is open











DOLOMites Hiking adventure

What could be more beautiful than hiking through nature?

- · Hiking trails starting directly from the hotel
- · Ideal hiking position at the feet 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 ourselves 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 "TORNADO"

The exuberant blonde has been enriching our hiking guide team since 2022. Coming from Terenten, she arrived at the Tiers valley and since then she has accompanied our guests on the most diverse hiking tours, from the easier to the most difficult ones, from the Seiseralm over the Rosengarten to the Latemar. Always in a good mood and active and present, she makes sure that the hike will remain in your memory for a long time.





mountaineering weeks

- 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

BELVITA MOUNTAIN ACTIVE

- · 4 guided hiking tours
- · 3 guided mountain bike tours
- · Leg massage

Minimum stay: 6 days

alpine Climbing

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 320 € p. pers. 2 participants / from 180 € p. pers.

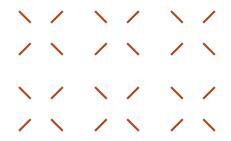
Fixed Rope CLimbing Weeks

- 4 fixed-rope climbing tours with a state certified mountain guide for a price of 185 €
- Equipment rental: climbing harness, fixed-rope climbing set, helmet
- Leg massage
- · Hiker's pedicure

Minimum stay: 6 days









Bike experiences

A paradise for cyclists. Pedal your way to holiday happiness!

Directly in front of our hotel in South Tyrol you may find a unique biking area, in which you can enjoy your biking holiday in the Dolomites. You will find miles of fine trails and plenty of unforgettable experiences on the saddle.





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X X

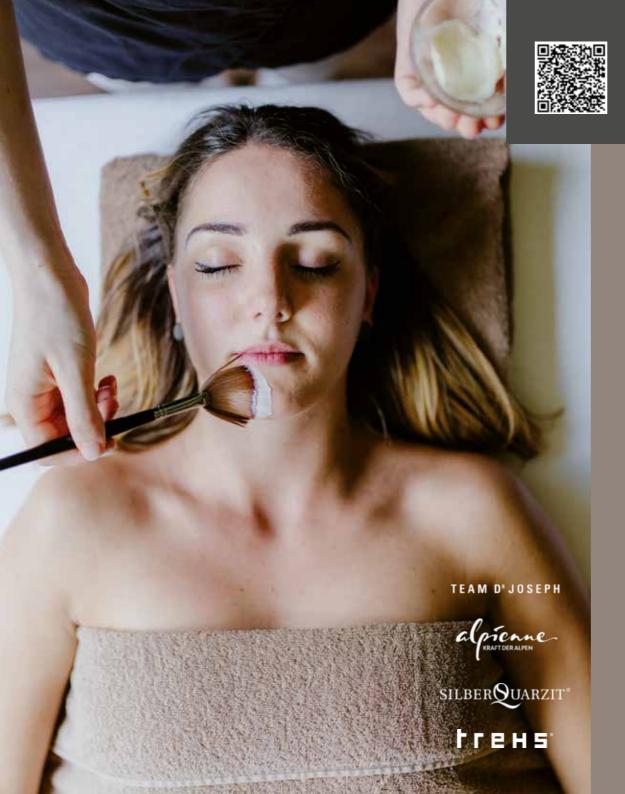
Welcome to the Similde SPA

For your relaxation and beauty, we make use of the energy in nature. Crystal clear Dolomite water, fresh, clean mountain air, healing earth, and warm fire – the four elements form the basis of your well-being. At our wellness hotel in the Dolomites, we offer you the opportunity not only to experience nature, but also to feel it – in our unique Similde Spa.

Step into our world of mountain wellness and let yourself immerse into the lap of nature.









alpine wellness

All year

- · Mountain salt peeling
- Full Body Massage with stone pine oil
- SPA Pedicure

Minimum stay: 2 days

Honey moon

All year – SPA Ritual

- Apricot peeling
- · Relaxing full bodv massage
- Finally prosecco and praline

Minimum stay: 4 days

Wellness in the Dolomitea

immerse Yourself in nature

Using nature's treasures, we have created a real oasis of strength for you in our wellness hotel in the Dolomites. Here you can switch off, recharge your batteries and enhance your general health.

- · Heated indoor and outdoor pool
- Kneipp path and pool
- · Fragrant pine sauna
- · Gentle clay sauna
- · Rustic hay barn sauna
- · Steam bath
- Crushed ice grotto
- · Panorama glass sauna
- Plunge pool
- · Whirlpool, 34°C/36°C
- · Natural bathing pond
- · Cosmetic treatments & massages
- 5 different relaxation rooms with waterbeds, hay beds and floating loungers





















SOURCE OF_ViTaLiTY

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

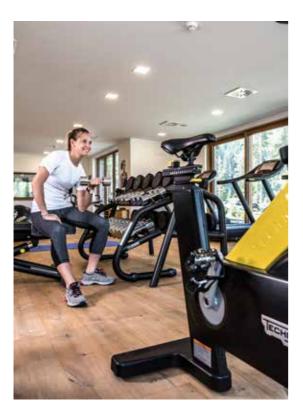
RELAX IN, WHILE ENJOYING THE VIEW OF ROSENGARTEN MOUNTAIN.

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 CLIMBINB HALL

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.

In the climbing hall of our hotel you can train your muscles. The hall has an easier climbing wall with an auto belay and two more walls with more challenging routes, where you need your own rope and a second person to secure it. Knowledge of belaying is required to use the climbing hall.







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 geocaching, such as forest games, the experience day farm, hiking tour to the Wuhnleger or floos construction and boat races on the Tierser stream.

For your wellbeing



You can find all prices on www.cyprianerhof.com





ALPINEA VAJOLET ca. 35 m², max. 4 people







DELAGO ca. 35 m², max. 4 people



FAMILY ROOM JUNGBRUNN ca. 42 m², max. 4 people



NATUR SCHLERN ROOM ca. 41 m², max. 2 people





NATUR ROOM VALBON ca. 47 m², max. 2 people





LAURIN ROOM ca. 42 m², max. 2 people





NATUR ROOM JUNGBRUNN ca. 40 m², max. 4 people





EDELWEISS ROOM ca. 40 m², max. 4 people

New! since april 2022













TRAUN SUITE
ca. 90 m², max. 2 people













GARTL SUITE ca. 73 m², max. 6 people



ANTERMOJA SUITE

ca. 120 m², max. 2 people



We are founding members of the community Wander-hotels – best alpine (since 1995).









IMPORTANT NOTES

- Room with breakfast only: Reduction Euro 18,00 per day.
- Single room surcharge in the Stone Pine nest Room from Euro 40,00
- · Room service Euro 10.00
- Dogs upon request: fee of Euro 41,00 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 wellness

- area also on the day of departure (Euro 38.00 per person) upon request.
- 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 prebooked stay from the last week to 2 days before 90% of your prebooked stay. From 2 days before, in case of delayed arrival or early departure 100% of your prebooked stay
- Travel Cancellation Insurance: covers all cancellation costs in case of accident, illness or death.
 If you would like to take out the insurance you can pay it directly with the deposit
- Deposit: To confirm the booking definitely, we require a deposit payment of Euro 450.00 (in high season 30% of the booked stay) which you can pay online or to our bank account IBAN IT91 Z060 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 2.50 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.

GOOD TO KNOW

What's included and constitutes wellbeing in the Cyprianerhof:

CYPRIANERHOF PAMPERING BOARD

- Wonderful and vast mountaineer breakfast buffet with vitality corner, freshly squeezed fruit juices and products from local farmers additionally daily changing theme breakfast
- · 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
- Vegetarian selection and vegan menu
- Fridays: dessert buffet
- Sundays: 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 28.00)

WANDERN FIT UND ALPIN

- 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 forest games, 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
- 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

- Taxi Hermobil will gladly pick you up at the airport of Bolzano, Innsbruck, Verona, Munich or at the railway station for further information please contact: info@ hermobil.com, Tel +39 333 8528729
- Bus stop and cableway right in front of the hotel
- Bus connection to Bozen every hour
- 5 times a day bus connection to the Alpe di Siusi and Passo Carezza
- Mobilcard available for the whole stay, including all the public transports in South Tyrol
- Mountain Pass for the chairlifts and the skipass can be purchaised directly in the hotel
- your shuttle from the bus or trainstation Bolzano to the hotel: www.suedtiroltransfer.com





Life in motion

Unspoilt landscapes, majestic peaks, clear blue skies, and the activity programme of our "Belvita Active" hotels – these are the ingredients for an unforgettable active holiday in South Tyrol for hikers, climbers, bikers, winter sport lovers, and exercise fans of all kinds. Guided tours, free equipment rental, special lift rates, and much more are all included.

As a member of the Belvita Leading Wellnesshotels Südtirol, this hotel promises the highest quality at all levels.















environmentally friendly printed on FSCB friendly paper! certified paper!





CYPRIANERHOF

St. Zyprian 69 / 39050 Tiers am Rosengarten UNESCO Dolomites / South Tyrol Tel. +39 0471 64 21 43 / hotel@cyprianerhof.com www.cyprianerhof.com

foto: archiv Cyprianerhof, H. Rier, H. Niederkofler, A. Greiter, D. Moliners, G. Standl, C. Schwarz, Lorenzo Nadalini, Brandnamic (Belvita Leading Wellnesshotels Südtirol), M. Huber, W. Nicklas, H. Wisthaler, iStock, Seiser Alm Marketing