



**Alpenrose®**

## ALPENROSE INCLUSIVE SERVICES

### ALPENROSE CUISINE

*Sumptuous buffet breakfast 7.30 am - 10.30 am*

Rich in vitamins, mostly natural: regional products, muesli and healthy choice section, freshly prepared egg dishes, freshly squeezed juices.

*Healthy lunch buffet 12.00 noon - 2.00 pm*

Reduced calorie, healthy dishes, fresh salads, soup, delicious snacks, fruit juices, mineral water from the juice bar.

*Afternoon snack 3.00 pm - 5.00 pm*

Cakes and pies from our own patisserie, Raw vegetables, savoury snacks, large coffee selection, Ronnefeldt teas, fruit juices, mineral water from the juice bar.

*Gourmet meal 6.30 pm - 8.30 pm*

Several-course evening meal with variations of Austrian wholefoods and natural cuisine;  
Starter, salad and dessert buffet, soft drinks with meals.  
Themed and speciality buffet.

*Special dietary requirements*

We will gladly cater to your special dietary requirements.  
We can prepare lactose or gluten-free meals.  
Vegetarian and detox meals can also always be found on our daily menu. Please inform us of any special culinary requests at the time of booking.

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### SOFT DRINKS ALL DAY

Fruit juices, mineral water, herbal teas in the spa - and pool area; non-alcohol fruit juices and mineral water with the lunch buffet and evening meal, coffee and tea with the afternoon buffet, mini bar with soft drinks; fruit from the basket.

### WELLNESS & RELAXATION

*Spa & relaxation area 8,000 m<sup>2</sup>*

Daily from 10.00 am - 8.00 pm

- Alpine pasture herbal sauna – 3 sauna infusions daily
- Herbal salt-water steam bath – 3 x daily treatment programme as preparation for the sauna infusion
- Stone steam bath 45 °C
- Classic steam baths 47 °C
- Caldarium 50 °C, Laconium 60 °C
- Swiss pine sauna 80 °C
- Tepidarium with warm stone beds
- Salt grotto in Tyrolean rock
- Log cabin sauna in the hotel gardens (family sauna)
- Solarium, Alpha relaxation bed, Sound-motion bed (surcharge)
- Alternating footbaths
- Tea bar with soft drinks and teas

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### FOR SWEET DREAMS ...

*Our rest areas*

“Stille Alm” – Old wood, the fragrance of hay, dreaming on heated waterbeds. Enjoy the panoramic view.

“Stille Hochalm” – The peak of relaxation.

Unique rest area with luxury factor.

Rest areas in the log cabin sauna and in the “Kräuteralm” sauna.

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### HEALTHY RELAXATION

Infrared beds in the “Zirbenstube” in the Temple of Vitality.

Infrared cabins in the “Kräuteralm” sauna

Per person: 1 bath bag with bath and sauna towels, slippers and bathrobe.



## BATHING FACILITIES

800 m<sup>2</sup> swimming “pond” in the wonderful hotel gardens, luxurious sunbeds and sheltered rest areas on the lawns with plenty of space for all.

## NEW: ALPENROSE SPAS

Our new House of Elements opens up a new world of relaxation over several floors to our adult guests, with:

- 23 m lap pool and 10 m outdoor pool
- Outdoor salt water Jacuzzi, open air
- Panoramic sauna “Heavenly“
- Infrared rejuvenation point
- Cosy relaxation areas dedicated to the four elements

## SPORT & ACTIVITY

*Fit & Fun House 7.45 am - 7.00 pm*

Fitness studio over 450 m<sup>2</sup> and on two floors, flooded with light and with state-of-the-art gym equipment; all-day assistance from our experienced and highly qualified wellness and fitness team, varied sports and relaxation programme, indoors and outdoors, 7 days a week and in all seasons.

Current weekly programme at [www.alpenrose.at](http://www.alpenrose.at)

## FREE HIRE

Hiking boots, hiking poles, backpacks, wet weather gear, bicycles, Nordic walking poles, well-maintained mountain bikes, helmets, modern electric bikes and electric cars, snow bikes, Trapper shoes, toboggans, GPS navigation devices with route suggestions.

One underground car parking space per room.  
Free Wi-Fi in all rooms

## ASSISTED OUTDOOR PROGRAMME

In summer: guided hikes or bike tours, Nordic walking, golf taster sessions.

In winter: guided snowshoe hikes, snow biking, ski touring, tobogganing or curling with our leisure coordinators.

In the event of bad weather: cultural programme and excursions in the local area e.g. Rattenberg, Innsbruck etc.

## EVENING ENTERTAINMENT

Entertainment every evening in the Rondo Bar.

Dance evenings with live music, piano music or Tyrolean folk music in the lobby bar, casino evening, fashion shows, lectures and more.

## FOR OUR YOUNG GUESTS

- Competent and loving child care daily 10.00 am - 10.00 pm for our young guests from age 3, and special youth programme from age 14. Child care also available for children under 3 years outside of the holiday season.
- New: Wild Water World in the House of Elements with large tube slide, adventure pool, baby pool and fountains.
- New Kids' Club and Youth Lounge with outdoor climbing wall, table football, air hockey, 3D cinema, billiards, bouncy castle and much more.
- 12:00 noon - 6:00 pm kids' table with selection of dishes from the special children's menu, afternoon snack and soft drinks with meals
- 800 m<sup>2</sup> outdoor fun park with pirate ship, trampoline, football field
- Alpenrose's Land of the Indians in the forest