

WINTER 2020/21

# DOLOMITES

*experiences*

  
ALPINADOLOMITES  
GARDENA HEALTH LODGE & SPA  
★ ★ ★ ★ ★

## THE ENCHANTMENT OF WINTER



THE LEADING HOTELS  
OF THE WORLD®

A UNIQUE NATURE EXPERIENCE IN THE DOLOMITES



# A JOURNEY TO HAPPINESS

## LET YOUR THOUGHTS WANDER

Let us pamper you.

In difficult times like those we are presently experiencing, finding some time for oneself is even more important. The Alpina Dolomites is the ideal place for a relaxing, reinvigorating vacation away from the stress of our daily life, in a unique wellness oasis surrounded by enchanting mountains.

In the heart of the Alpe di Siusi, harmoniously nestled in the beautiful landscape of the Dolomites by which it is inspired in every detail, the Alpina Dolomites combines everything that makes a vacation unforgettable: a wide range of sports and leisure activities, a splendid spa with a panoramic swimming pool and first-class living comfort, in a landscape of a rare beauty ready to be admired at every moment of the day.

The spacious rooms have allowed us to easily adopt the new precautionary rules and safety distances. The hygiene regulations in force are scrupulously respected in every situation and in every area of the hotel, in order to guarantee a peaceful stay and maximum relaxation.

At the Alpina Dolomites you will find a true paradise, the memory of which will remain with you for a long time.



## ALWAYS SOMETHING NEW TO DISCOVER

At the Alpina Dolomites you'll discover something new and enchanting every day.

Our choice of activities is as extensive and varied as the nature that surrounds us. Sports and leisure activities, wellness and pleasures of the palate, together with a long-standing tradition of hospitality, will make your stay at the Alpina Dolomites truly unforgettable.



# SKI VACATIONS RIGHT ON THE SLOPES

## IT CAN'T GET ANY BETTER THAN THIS

For downhill skiers, cross-country skiers and snowboarders, a stay at the Alpina Dolomites is the perfect choice. You'll have direct access to the slopes of the Dolomiti Superski carousel, with the "Trail of the Witches" on the Alpe di Siusi, and the famous Sellaronda circuit. Ultra-modern lifts and well-maintained slopes offer the greatest fun. For snowboard aficionados, the Alpe di Siusi features one of the largest snow parks in Europe.

On the slopes, there are many typical mountain huts where you can stop in for a rest and enjoy tasty local dishes. You can also enjoy romantic horse-drawn sleigh rides and fascinating snowshoe excursions.

## SUPER PREMIÈRE

04.12.20 – 19.12.20

Our "First Snow" special offer – 4 nights for the price of 3.

- 4-day ski pass for the price of 3 days
- 15% discount on group ski courses of at least 4 days OR 10% discount on 4x2 private ski lessons (from 10 a.m. to 12 noon or 11 a.m. to 1 p.m.)
- 20% discount on ski equipment rental of at least 4 days

(Not included in the room rate.)

This offer is cumulative.

Last day of stay: 18.12.20

Last day of ski pass validity: 19.12.20

Last day to purchase a ski pass: 16.12.20

## GREAT SKI WEEKS

10.01.21 – 31.01.21

Great experiences for ski lovers in the snow-covered landscape of the Dolomites! (For adults and expert skiers.)

- 6-day Dolomiti Superski ski pass
- 6 days (Sunday to Friday) of skiing with our ski instructor
- 6 days free rental of the latest ski models at the Alpina Dolomites rental centre
- 1 Active massage
- Daily movement and relaxation programme

PRICE € 460 PER PERSON

This package can be booked for stays of at least 7 nights.



## WE'VE GOT IT ALL COVERED

### SKI INSTRUCTORS, SKI SERVICE, SKI RENTALS

You don't need to think about anything. We've got it all covered! Upon your arrival, you will find your skis in the box reserved for you. In addition to ski rentals (online as well), you'll have at your disposal our ski service, the hotel's expert ski instructors and the opportunity to purchase ski passes right at the reception desk.

Our ski and excursion guides will be happy to take you on exciting ski slopes or snowshoe paths where you will enjoy splendid panoramas.

## THE SKI PARADISE IN THE DOLOMITES

The Dolomiti Superski circuit – 460 lifts and cableways and 1220 kilometres of slopes – is your gateway to the entire Dolomite region. The Val Gardena - Alpe di Siusi ski district alone has 84 lifts and cableways and 175 km of slopes where you can enjoy all the excitement of new experiences every day. Go skiing on the Alpe di Siusi, with its 60 km of slopes and modern lifts, and you'll discover magnificent natural landscapes along with unmatched winter fun.

## SNOWSHOE HIKES & WELLNESS

10.01.21 – 07.02.21 | 14.03.21 – 05.04.21

You'll enjoy an unforgettable experience in the heart of nature, under the watchful eye of our friendly and expert guide. And when you return, you can take full advantage of all the beneficial treatments in our Alpina Spa.

- 3 guided snowshoe hikes
- Free rental of snowshoes, telescopic walking sticks and backpacks
- 1 wellness bath of your choice
- 1 classic partial massage
- Daily movement and relaxation programme

PRICE € 75 PER PERSON

This package can be booked for stays of at least 7 nights.

## LOTS OF FUN FOR THE LITTLE ONES

Winter is a magical time for kids as well, and at the Alpina Dolomites, the fun begins right away. The ski school is right in front of the Lodge! What could be more convenient? When instructors are fun and patient, ski school is a wonderful experience. New friendships are formed and kids learn while having fun. Ready, set, go!





# THE BEST FOR THE BODY AND THE SPIRIT

We've thought of everything for your wellness, to make you feel your best and in fine form. This is the secret of the Alpina Dolomites: we offer you the strength and serenity of the nature outside. This is the basis of our philosophy. The panoramic indoor/outdoor pool is an unforgettable experience in itself thanks to its fantastic views and harmonious architecture.

Wrapped in the beneficial embrace of the water or lying comfortably in the relaxation area, you will be able to unwind while admiring the majestic peaks of the Dolomites and the unique landscape of the Alpe di Siusi.

## ALPINA RELAXATION

10.01.21 – 07.02.21 | 14.03.21 – 05.04.21

Balm for the spirit and renewed energy for the body.

- 1 aromatic pack
- 1 massage with essential oils

PRICE € 113 PER PERSON

This package can be booked for stays of at least 4 nights.



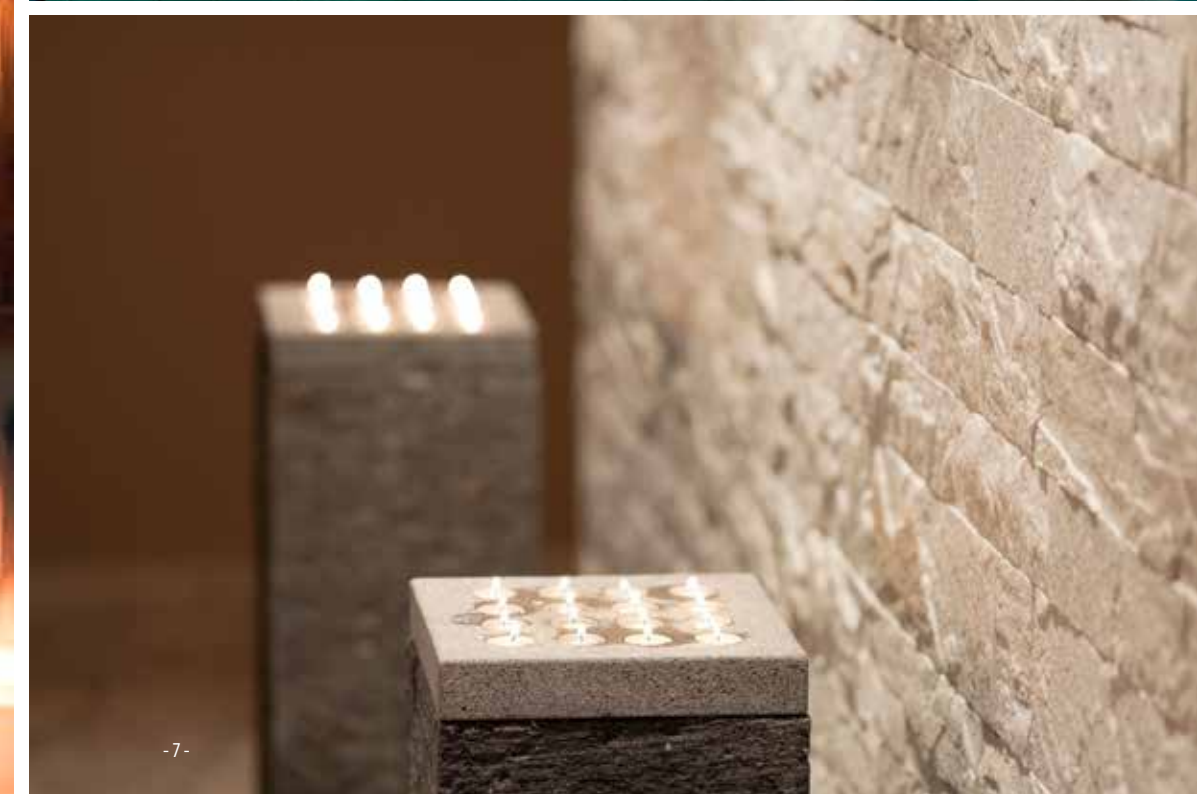
## RELAXATION

REGENERATING MOMENTS OF WELLBEING

Our massages offer a type of relaxation that makes for profound, long-lasting well-being. It would be our pleasure to recommend the massage best suited to your personal needs: La Stone, Tibetan massage, Lomi-Lomi or Californian massage.



A TRULY UNIQUE  
SENSORIAL EXPERIENCE





# TREAT YOURSELF TO A RADIANT LOOK

WE  
LEAVE  
NOTHING  
TO  
CHANCE

Our enticing Beauty & Wellness packages will make your stay even more pleasant. To reserve particular treatments at specific times, you should request them when booking your room.

## ALPINA DETOX

04.12.20 – 24.12.20 | 14.03.21 – 05.04.21

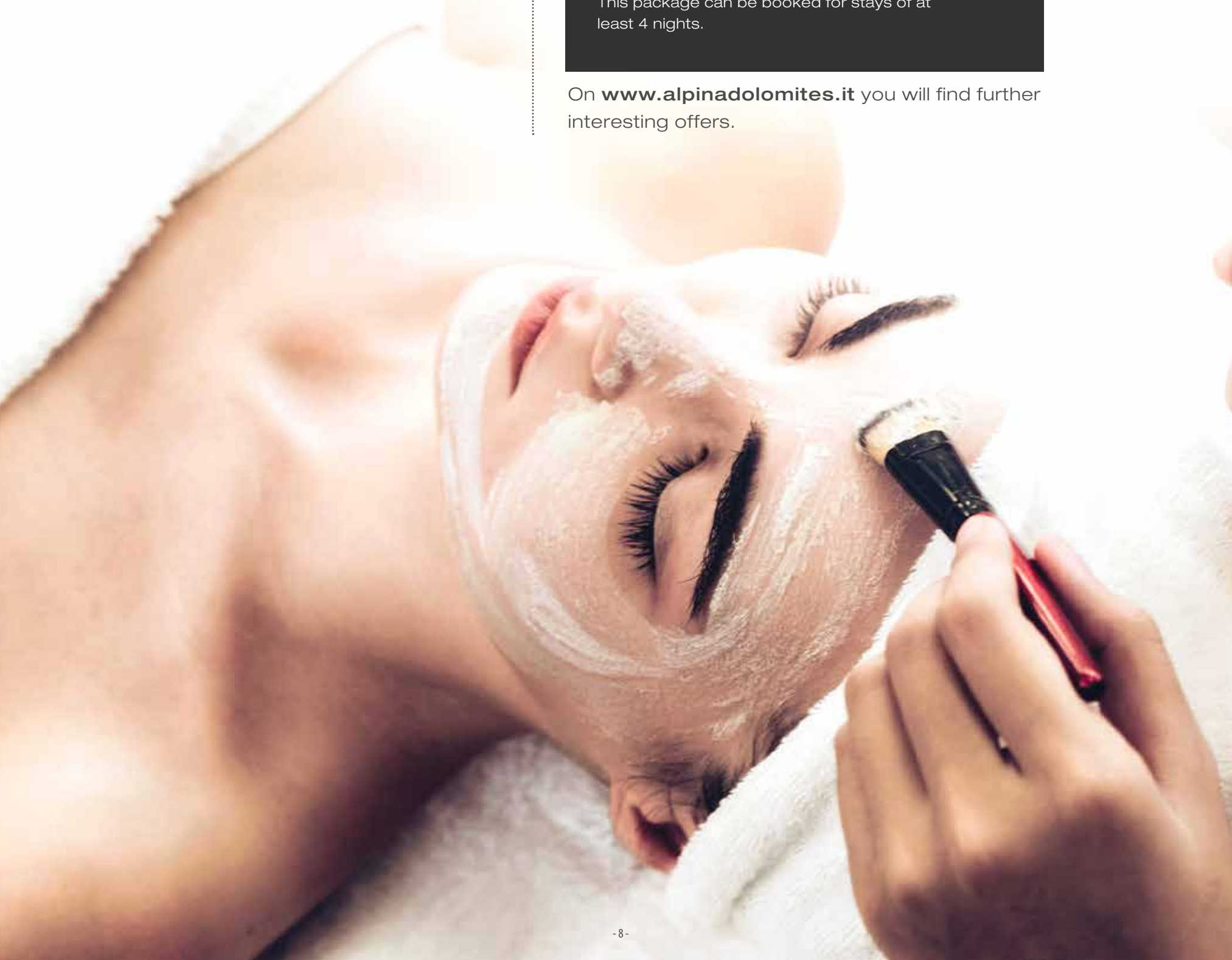
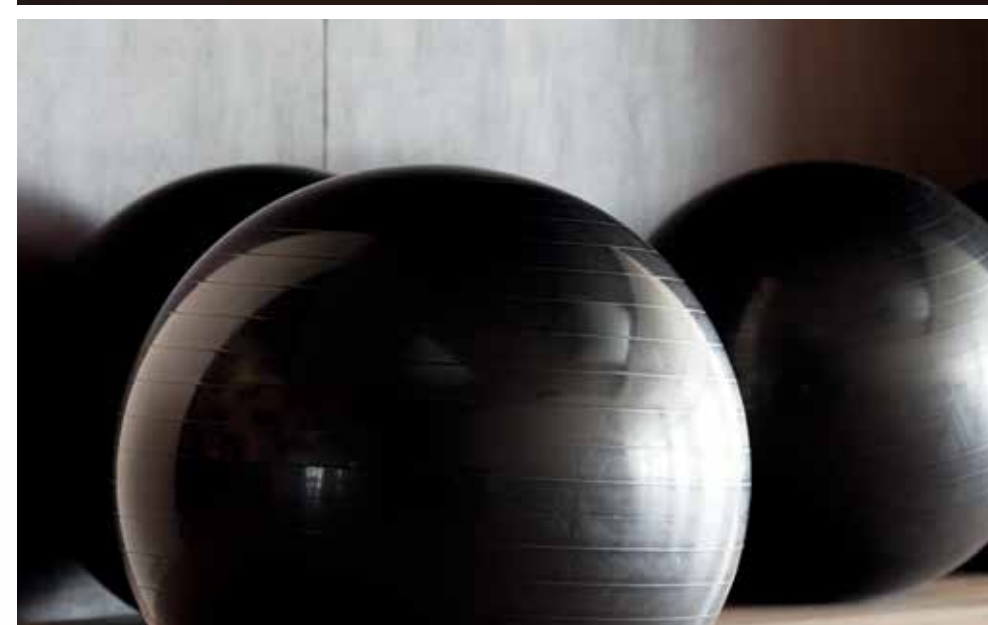
Detox treatments to feel more energized.

- 1 DETOX facial treatment
- 1 Alpine herb bath
- 1 hay flower massage

PRICE € 210 PER PERSON

This package can be booked for stays of at least 4 nights.

On [www.alpinadolomites.it](http://www.alpinadolomites.it) you will find further interesting offers.



## IN TUNE WITH YOUR BODY

If your health is important to you, then maybe it's time to do something to get your blood going, increase your resistance and improve your physical condition. Our fitness area is the ideal place for this: you will find the most modern equipment for your cardio and fitness training and for improving the muscle tone.

You may choose among a wide range of programmes. Let our expert instructor advise you: after an initial meeting to identify your objectives, he will propose you a few tests in order to define a training programme tailored to your needs. It is never too late!





# DELIGHTS OF THE PALATE

The exquisite delicacies created in our kitchen are one of the Alpina Dolomites Lodge's strengths. Nature once again takes centre stage: that's because we give the utmost importance to the use of absolutely fresh premium products. The raw materials are mainly regional or local to support the local economy while always remaining eco-friendly.

Our kitchen team works with passion and skill, transforming first-quality raw materials into delicious culinary specialities. And there's nothing like a choice wine from our reserve to enhance the flavour of every dish.



## A FEAST FOR THE EYES AND THE SENSES

Eating well makes you feel good. The refined menus prepared with skill and meticulous care by our chef and his team are a real pleasure to be enjoyed with all your senses. The excellent cuisine at the Mountain Restaurant & Stuben will delight also the most demanding palates.





