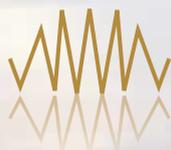


SUMMER 2020

DOLOMITES

experiences



ALPINADOLOMITES

GARDENA HEALTH LODGE & SPA



FASCINATING
LANDSCAPES



THE LEADING HOTELS
OF THE WORLD®

A UNIQUE NATURE EXPERIENCE IN THE DOLOMITES

MAGNIFICENT SIGHTS

When words fail, it's because emotions take over. And this is what happens to those who arrive at the Alpina Dolomites Lodge for the first time. It's such a magnificent sight that it leaves our guests speechless every morning: a 360° panoramic view of some of the most famous Dolomites groups: from the Sciliar to the Sassolungo, from the Sella to the Odle. The Alpina Dolomites lies on the Alpe di Siusi, the most beautiful and largest high-altitude plateau in Europe, in a unique location in the heart of the Dolomites, blending harmoniously into the landscape with its stone and wood structure that recalls the most characteristic elements of mountain nature.



EXPERIENCING NATURE

Natural, harmonious, simply elegant. Noble materials, such as stone and wood, and the use of natural fabrics and products make the Lodge a sort of extension of the surrounding nature. The spacious, bright rooms have large windows offering breathtaking panoramic views. At the Alpina Dolomites, nature invites you to get to know it at every step and in every corner!

The architecture of the Alpina Dolomites takes inspiration from the nature that surrounds the Lodge, offering a sense of intimacy and, at the same time, freedom. The spacious and bright ambiances are perfect for rest and relaxation while admiring a panorama of extraordinary beauty. The modern Alpine furnishings in the best natural materials combine exceptional comfort and streamlined elegance. Everything matches the wonderful nature outside, whose presence makes itself felt in every corner of the Lodge. The Alpina Dolomites is a true dream destination, a one-of-a-kind hotel for special vacations.

LISTEN TO THE CALL OF NATURE

BREATHTAKING VIEWS

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

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 vast extensions of green meadows, going higher and higher, from one panoramic lookout to another.

The journey is the destination. Excursions, climbing, running, Nordic walking, 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.

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

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 one that matches your skill level.



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!





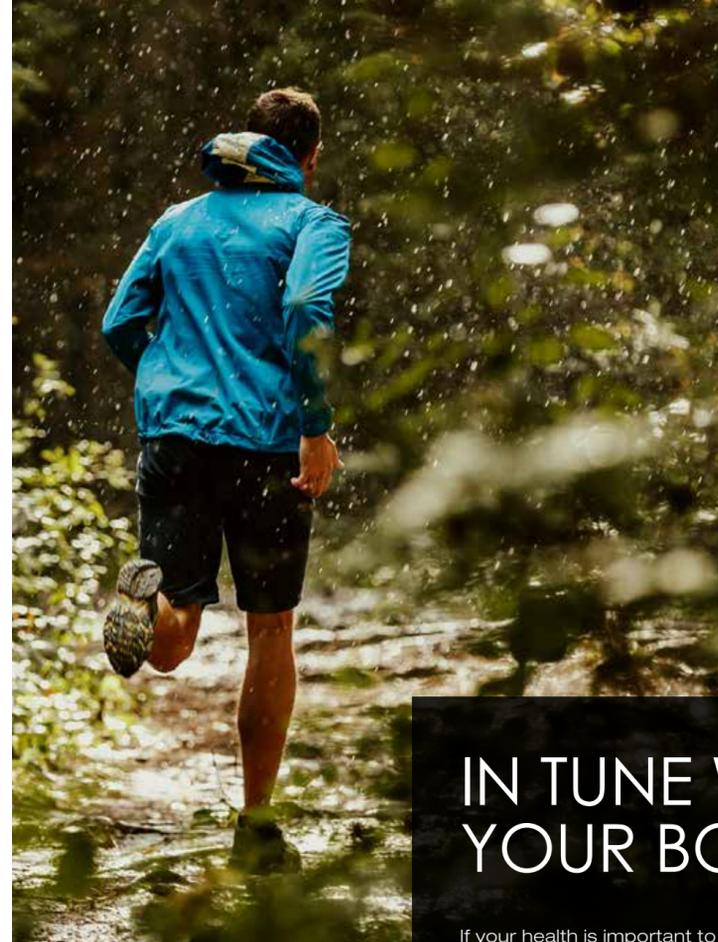
A REGAL BREAKFAST TO START THE DAY

The rich buffet at breakfast is one of the highlights of every stay at the Alpina Dolomites. It is a feast for the eyes, that gives you a real burst of energy to start the day in the best way: with fresh and genuine products, homemade with ingredients provided by selected local farms.



A BARBECUE IN FRONT OF THE DOLOMITES

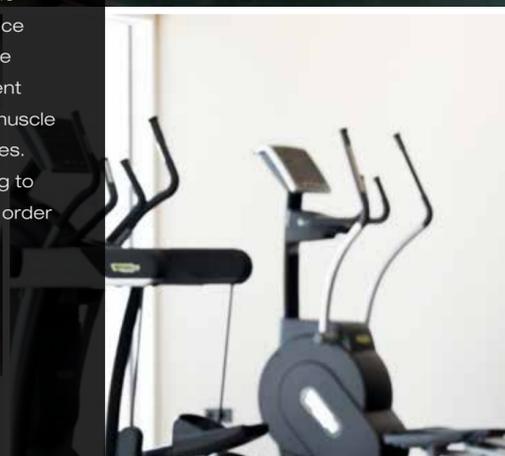
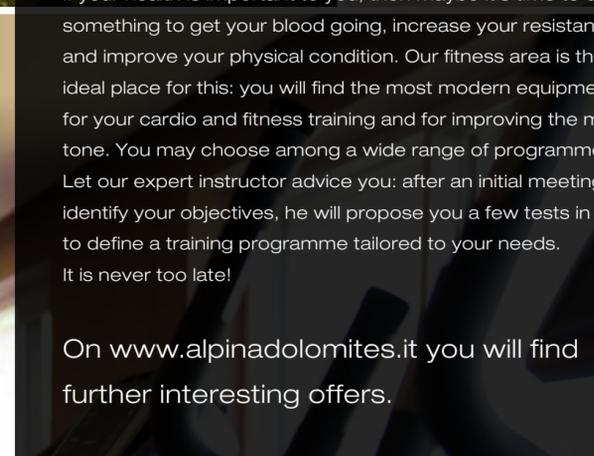
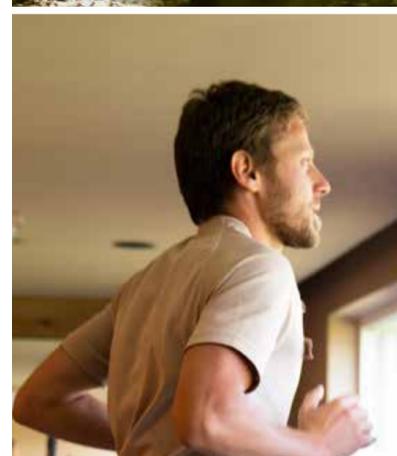
Our barbecues on the Alpe di Siusi are an unforgettable experience. The scent of wood mixed with the aromas of the barbecue is really inviting. At the Alpina Dolomites every day is like a dream, and you will wish that it never comes to an end.



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!

On www.alpinadolomites.it you will find further interesting offers.



A WORLD OF WATER AND AROMAS

EXCLUSIVE 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 well-being has never been so pleasant!

ALPINA RELAXATION

03.07.20 – 19.07.20
06.09.20 – 01.11.20

Balsam 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.



ALPINA DETOX

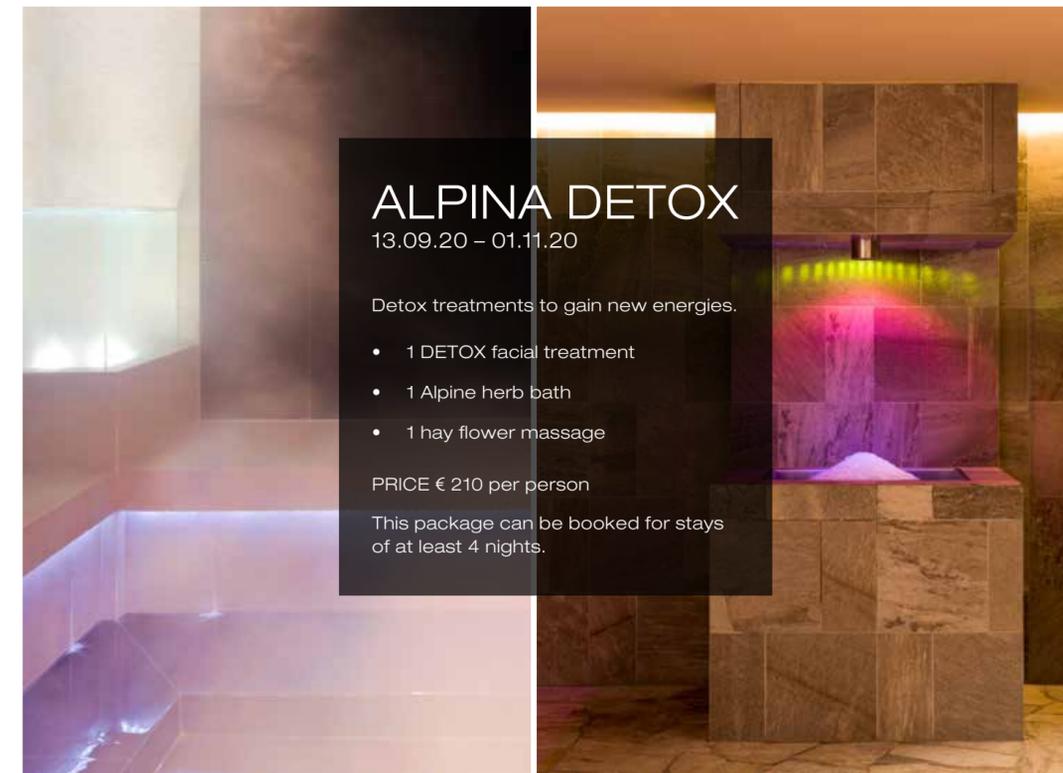
13.09.20 – 01.11.20

Detox treatments to gain new energies.

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

PRICE € 210 per person

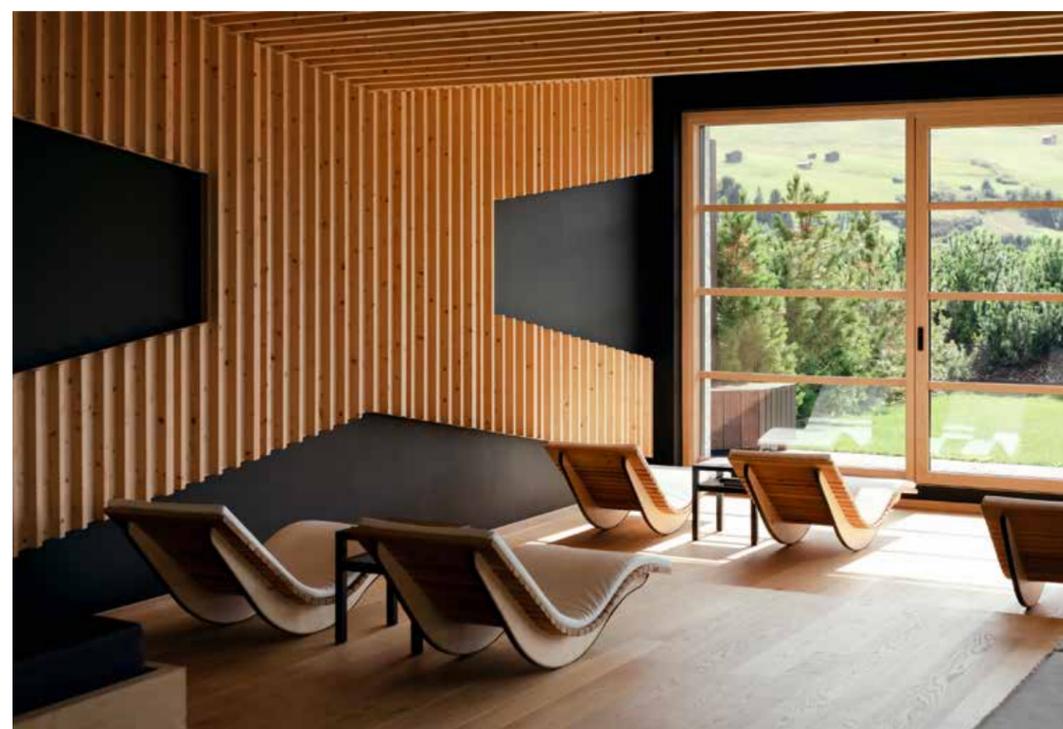
This package can be booked for stays of at least 4 nights.



WELLNESS & SPA

THE BEST FOR BODY AND SPIRIT

Everything has been arranged for your wellness, to make you feel your best and in perfect form. This is the Alpina Dolomites secret: we transmit you the strength and serenity of the nature surrounding us. This is the basic element of our philosophy.



REFINED CUISINE

AND EXQUISITE WINES

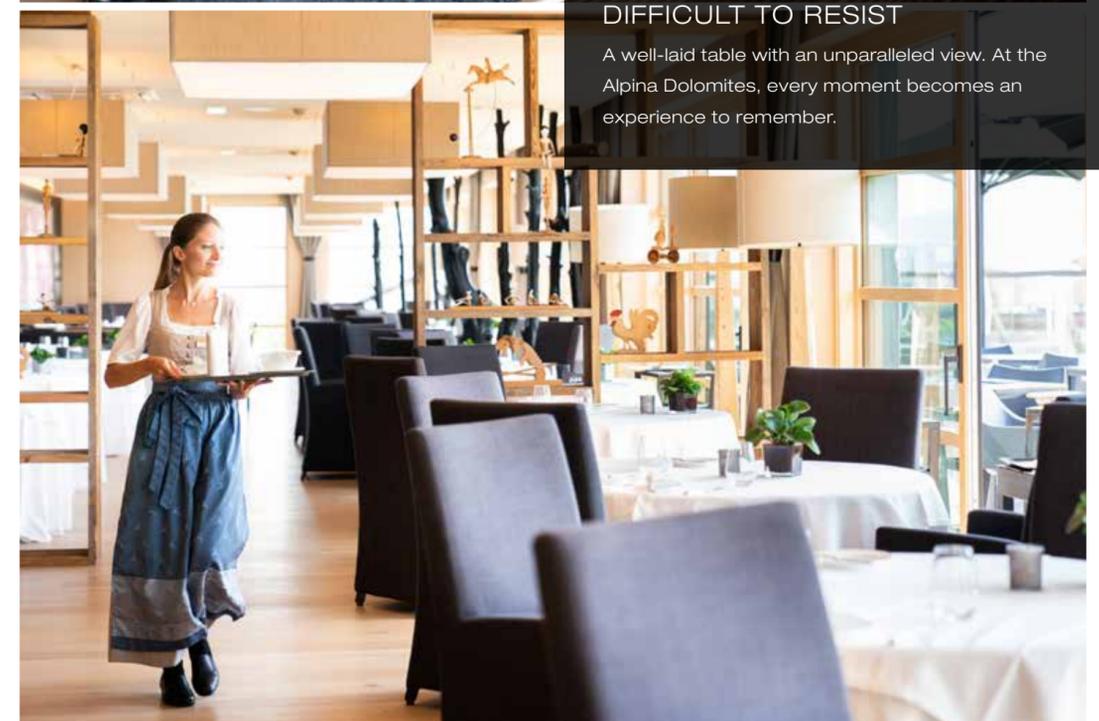
Let yourself be tempted by the excellent cuisine at the Alpina Dolomites, with dishes made with fresh local and regional ingredients. Our chef and his team love to reinterpret Mediterranean, Alpine and international traditions with imagination and creativity. The attentive service and a wide selection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

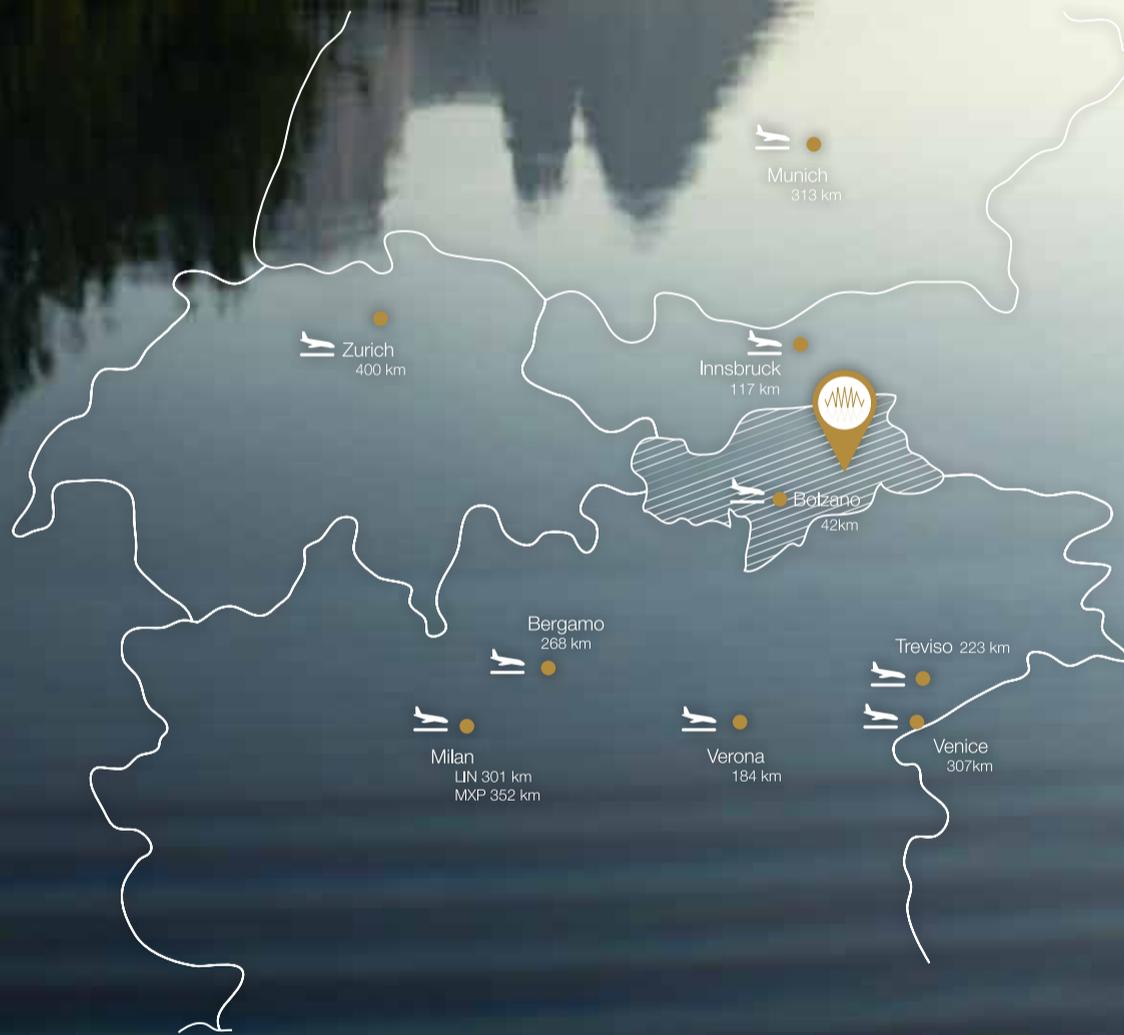


PLEASURES OF THE PALATE

TEMPTATIONS THAT ARE
DIFFICULT TO RESIST

A well-laid table with an unparalleled view. At the Alpina Dolomites, every moment becomes an experience to remember.






ALPINADOLOMITES
 GARDENA HEALTH LODGE & SPA
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WWW.ALPINADOLOMITES.IT

 LEADING
HOTELS

FINE HOTELS & RESORTS