



# DOLOMITES. LIFE. GUESTS' POST.

SUMMER 2022



**GUEST-NET**  
Access all information  
on the Hotel Alpenblick  
and the surrounding area  
in real-time.  
[alpenblick.guestnet.info](https://alpenblick.guestnet.info)





# My homeland, my true love

A declaration of love for my homeland. Whenever I look back on my childhood, I recall the smell of fresh doughnuts and funnel cake that wafted through our home so often. My mother was a true artist when it came to conjuring up mouthwatering miracles on our dinner table. Eating together with the whole family is still one of my most cherished memories.

Thus shaped by my childhood, cookery went on to become one of my favourite hobbies. After a lifelong journey through the world of tastes, I have come to the conclusion that the most important thing when it comes to cooking is to infuse it with your own roots.

Together with our head chef Florian Schweikle, we are treading new ground at the Dolomites. Life. Hotel. Alpenblick. And it is precisely because the wellbeing of one and all means so much to us - the people and animals every bit as much as our countryside and our homelands - that we are focussing our gourmet cuisine attentions even more on unadulterated, seasonal products and ingredients sourced from our region and the neighbouring East Tyrol. Out of respect for nature, we have adopted a zero-waste policy, just like our grandparents before us.

In staying true to these ideals, we know that we are on the right path to ensuring that the world that we live in continues to be a home worth living in, for all of us.

Here's to our true love for our homelands!  
Markus Lanzinger



## Certificate of origin: made in South Tyrol

We love regional cuisine - and, it has to be said, the tastes of South Tyrol are incredible! Our homeland also provides everything that we need for outstanding gourmet cuisine. While we are cooking and eating, we always think of nature, the environment and, above all, of our homeland, our farmers and our land economy. All the ingredients for our recipes have taken the shortest route possible to our kitchen. And that's exactly what we want to show our guests with our Alpenblick seal of quality. All regionally-sourced products bear this seal, so you can recognise them at a glance. That's what love of one's homeland tastes like!



## Sustainability meets the Alpenblick



### THIRSTING FOR REGIONALITY

You can savour the tastes of our lands in our drinks too. South Tyrolean wines and spirits, homemade juices and teas, coffee from South Tyrolean roasteries have all found their way to our drinks menu. We love water, wine and beer - preferably from here!

### SPOILT BY OUR COUNTRYSIDE

We see nature as being the greatest gift of all. And we would love you to feel the same way. Nature relaxes us and is good for us; it grounds us and gives us energy. And that's why we have brought it into our "Bergdörfli" Mountain Village spa. In all spa treatments bearing our seal of quality, we use exclusively natural products from South Tyrol.

### A FEW OF OUR QUALITY-PRODUCT PARTNERS

- 1 **Happacher Bakery in Sexten** fresh bread from the village baker
- 2 **Villgrater Alois Metzger in Sexten** speck, sausages and locally-sourced meat
- 3 **Caroma coffee roastery, Völs am Schlern**
- 4 Free-range eggs from the **Kalcherhof farm in Sexten and the Lahnhof farm in Gsies**
- 5 Jam from **Alpe Pragas**
- 6 Cheese & dairy products from the **village dairy**
- 7 Goat cheese from the **Unterolzl dairy farm in Sexten**
- 8 Fruit and vegetables from **South Tyrolean farmers**
- 9 Farmhouse butter from the **Moarhof farm**
- 10 Fruit juices from a range of **South Tyrolean farms**

... You can find a list of all our partners on our website



**GOOD:** tasty, nourishing, incredibly healthy, to whet and sate your appetite.

**CLEAN:** produced without straining the Earth's resources, the ecosystem or the environment, and without causing harm to people, nature or animals.

**FAIR:** valuing social justice through fair pay and fair conditions for everybody: from production through to trade and consumption.



### CRAFT BEER FROM SOUTH TYROL

When connoisseurs hear the words "South Tyrol" they generally think of fabulous white wines and picturesque vineyards stretching out as far as the eye can see here at the gateway to the Dolomites. But craft beer in South Tyrol? That sounds like a new thing. Hand-made beer is rapidly picking up speed here in the beautiful, autonomous, most northerly province of Italy.

### BREWERIES/TAVERN BREWERIES:

- Batzen Bräu
- Hubenbauer farm tavern – Farm brewery
- Gustahr brewery, Ahrntal Valley





## Slowfood

### Tasty, mindful and regional food to enjoy with all your senses

South Tyrol is famed far beyond its borders for its unadulterated, traditional cuisine. And we South Tyroleans, gourmands to the core, love to celebrate our food! It's no surprise, then, that we are a proud member of "Slow Food". The members of this worldwide non-profit foundation work with passionate conviction in the interests of small-scale farmers, artisans, fishers and food producers, artisan work, fishing and food production who respect the environment, the cultural identity of communities and the wellbeing of animals.

The movement, founded in Italy, strives to safeguard biocultural and taste diversity, and culinary traditions the world over. To this end, they organise training programmes for newcomers from culinary, farming and food production backgrounds. The organisation also carries out nutrition and taste educational programmes for children, young people and adults, in order to promote awareness of food products.

### Good, clean, fair!

We eat around 100,000 meals in the course of our lifetimes. However, very few of us are aware that we also have some degree of control over the future of what we eat; what and how we eat affects our health, as we all know, but it also has an impact on land economy, climate, economy, politics, the environment, the cultural landscape and our own identity. Slow Food sets the benchmark in these matters, and recommends ensuring that the food you eat is good, clean and fair: Only then can it truly be classified as "Slow food"!

#### EURO-TOQUES

### Preserving culinary tradition

Euro-Toque members aim to support the producers of traditional, artisan foodstuffs, to promote awareness of quality, to preserve the culinary traditions of Europe and to guarantee a responsible relationship with food. This association is represented in all countries and their cultures. Our head chef Florian Schweikl is a member of Euro-Toque Germany e.V., headquartered in Bavaria.





# Alpine Wellness

## How to Use a Sauna

### BEFORE A SAUNA

- Time constraints are ill-advised: A sauna is a time for peace and relaxation, and you should leave yourself at least two hours to enjoy it properly.
- Strenuous physical activity is not advisable immediately before or after a sauna. A light meal, however, is recommended beforehand.
- Use the saunas naked (or wrapped in a towel) and sit on a towel.
- Bathing costumes may not be worn; synthetic materials produce toxins at high temperatures and clothing impedes good breathing.
- Always have a shower before entering a sauna. A warm shower followed by a good dry-off prepares your pores for sweating.

### THE SAUNA ITSELF

- How long a sauna lasts is up to the individual. Normally you should reckon on around 10-20 minutes.
- Experienced sauna-goers can take up to 3 sessions. For others, one may be enough.

- Always be aware of your body's signals, at all times. Don't overdo it.
- A break is important between sauna sessions (see Relaxation Phase)

### LEAVING THE SAUNA

When you leave a sauna, always do it slowly, and don't stand up abruptly. At this stage, your body and your circulation are ready for the cooling-down phase (in the open air or with a luke-warm shower).

### RELAXATION PHASE

The reason for the relaxation phase is to give your body time to react to the sauna, reinforcing the healing effects of the heat. It helps your body to eliminate more toxins and work its way back to resting-pulse rate slowly but surely. Lie down wrapped in your bathing robe for this phase.

### ROUNDING OFF

If you want to have more than one session, take a rest break of around 20 minutes. After a sauna, it is important to drink a lot of liquids (water, fruit juice, tea).

## Pure relaxation

### ALPENBLICK'S MOUNTAIN VILLAGE AND MOUNTAIN LAKE

#### SPA AND BEAUTY TREATMENTS

Our massage team is at the hotel daily from 1pm to 8 pm. We will be happy to accept appointments from 9am to 11 am on request. For bookings or advice, please ask at reception. If you can't manage to keep an appointment, please let us know 24 hours in advance. Late cancellations will, unfortunately, be charged at 50% of the treatment price.

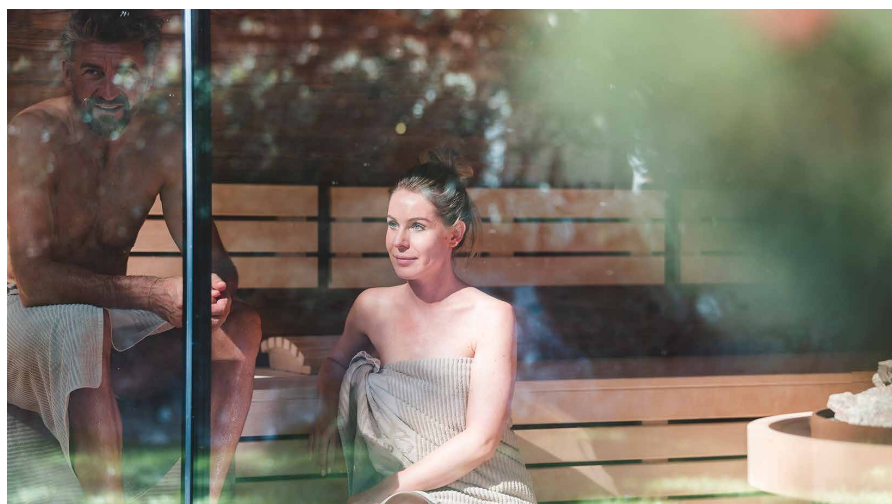
#### SAUNAS IN THE MOUNTAIN VILLAGE

Our sauna is open daily from 1 pm to 8 pm. As there is no changing room in the wellness area, please come straight from your hotel room wearing a bathrobe and with a towel to use in the sauna - you will find a "sauna basket" with bath towels, bathrobes and house slippers in your room. Your room card opens the entrance door to the spa. The whole area of the mountain village Alpine spa is an oasis of absolute peace and can only be used by guests aged 18 and over.

#### MOUNTAIN LAKE

Heated indoor and outdoor pools

Opening times: Indoor daily from 8 am to 8 pm and outdoor pool from 1 pm to 8 pm.





## Romantic moments for two

We've thought of everything that you and your partner might particularly enjoy and have come up with a package guaranteed to inspire and create unforgettable memories. Beauty and relaxation are at the heart of our treatments, with attentive care and massage techniques to relax you right to your innermost soul. The results? An ear-to-ear smile and the radiant glow of your partner!

### ALPENBLICK SPECIAL IN THE PRIVATE SPA SUITE

- Candlelit leisure in the hot-tub for two
- A heavenly cosy bed for romantic moments
- Relaxation for two in the "Luis Trenker sauna"
- Culinary delicacies and bubbly prosecco from South Tyrol

2 hours of privacy for 2 people,  
120 €



## Alpine baths for your health

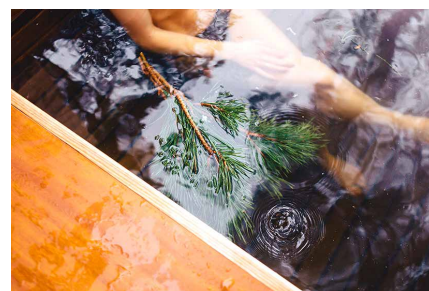
### HAY FLOWERS AND JUNIPER

#### Tiredness after sport

Feel reborn, relaxed, stronger. Select medicinal herbs harvested from high-altitude meadows of the South Tyrolean Alps and the magical power of mountain juniper will help you melt away the fatigue of an intense day.

90 Min., for 1 person

100 €



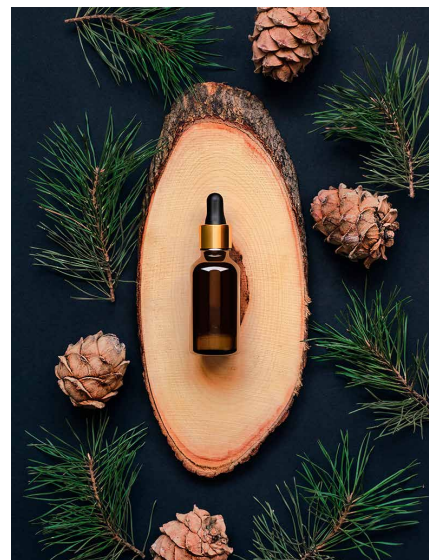
### ALPINE MUD & MOUNTAIN PINE

#### To detox and reinvigorate

An absolute wellness "must" for those who love Alpine traditions. The scent of Swiss pine is unmistakably alpine and in combination with fine-grained natural sediments it favours body detoxification through the skin. It also has a toning and strengthening action – an excellent starting point for a beautiful and healthy skin.

90 Min., for 1 person

100 €



# Vitality, vigour and rejuvenation

## Benefits from the natural pharmacy

Evi, massage therapist trained here in Alpenblick, doesn't miss the chance to go picking personally the herbs for the different massage oils and creams for skin care. During her walks in the Sexten Dolomites she always bumps into the precious „little helpers“ which show their natural benefits through body treatments like a classic massage or a sport one, Dorn Breuss, a foot reflexology, lymph stimulation or alpine herb massage.

On sunny alpine meadows, between rock crevices or at the edge of the forest. Mountains and meadows herbs from South Tyrol enrich the flora of our homeland. At the same time, these colourful and fascinating flowers and plants are not only beautiful to look at, but also promote our well-being with their typical benefits. The tradition of gathering herbs has been handed down from generation to generation and, with it, the knowledge of the healing power of herbs.

## Massages for your health

### MASSAGE WITH MARMOT OIL

#### The oil of life

This special oil reactivates the blood circulation and alleviates pains and tensions. Effective for rheumatisms, whiplash and skin problems.

50 min. per person **65 €**

### MASSAGE WITH MOUNTAIN AND SCOTS PINE

#### For cramped muscles

This massage with a wonderful Alpine perfume stimulates blood circulation, reinforces your body and gives your skin a healthy complexion.

50 min. per person **65 €**

### MASSAGE WITH HAY FLOWERS AND JUNIPER

#### Tiredness after an active day

Relaxing and invigorating massage for your body.

50 min. per person **65 €**

### MASSAGE WITH WILD THYME AND SWISS PINE

#### Regeneration for muscles and joints

This massage has an invigorating and purifying effect on your body, gives new freshness to your skin and reinforces the nerves.

50 min. per person **65 €**

### MASSAGE WITH ARNICA

#### The healing energy

Arnica is a well-known and appreciated medicinal herb. A massage with arnica oil has a deep effect, stimulates blood circulation and gives you a refreshing and stimulating sensation. Effective for muscle strains, contusions and muscle soreness.

50 min. per person **65 €**

### MASSAGE WITH MARIGOLD AND CHAMOMILE

#### For sensitive and irritated skin

The ideal treatment for tired skin. Enjoy this beauty massage with both relaxing and moisturizing effects on your skin.

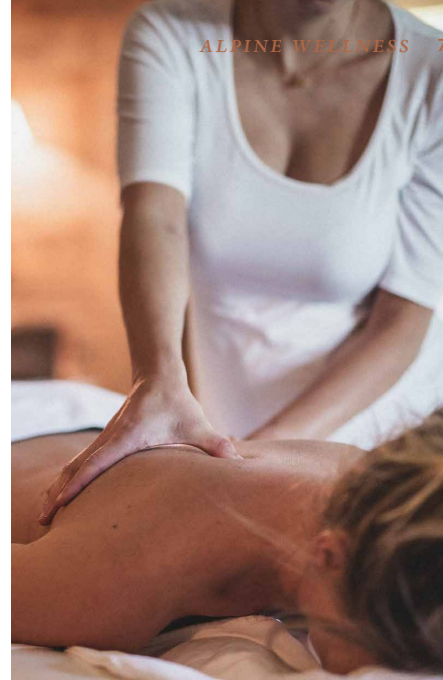
50 min. per person **65 €**

### MASSAGE WITH ST. JOHN'S WORT

#### A balm for skin and nerves

This medicinal herb has a soothing effect in the alleviation of breakdown, problems with the nervous system, scar tissues, burns and skin wounds.

50 min. per person **65 €**



## Classic massages

### ALPENBLICK'S ANTISTRESS MASSAGE

A whole-body massage with valuable Alpine herbal oils which help effect a profound relaxation of the body and aid you in forgetting day-to-day stress.

50 min. per person **60 €**

### MANAGER MASSAGE

An effective massage for the neck and shoulder area. Recommended for all desk workers.

50 min. per person **60 €**

### PARTIAL BODY MASSAGE

Part of your body is kneaded, pounded, and rubbed.

25 min. per person **45 €**

### ALPINE MASSAGE WITH WARM HERBAL BAGS

Blockages at energy nodes are opened and new, fresh vitality can flow through the body. The warmth stimulates the metabolism, increases flexibility, and activates the circulatory system. The alpine massage with herbal bags has a very relaxing, regenerating, purifying effect which also helps the body rid itself of waste products and stimulates the flow of blood.

50 min. per person **80 €**

### FOOT ZONE STIMULATION MASSAGE

50 Min. pro Person **69,00 €**

### LYMPH STIMULATING MASSAGE very gentle, very relaxing

Through a gentle massage of caresses and pumping, the entire lymphatic system is stimulated. This reduces swelling and congestion, the body is purified.

50 Min. pro Person **69,00 €**



# The Taste of Vitality

## Our culinary offer at a glance

### GOURMET BREAKFAST

Start the day off right with a good breakfast. Take your choice from our variety-packed breakfast buffet (7 – 10.30 am). The array includes, amongst others, bread buffet, sweet temptations, and a “Vitality corner” with grains and pulses. You can also order a variety of egg dishes and sweet crêpes, made as you watch in our open kitchen.

### LATE-RISERS' BREAKFAST

For all those who fancy a lie-in, we offer a small late-risers' breakfast until 11 am at the bar.

### ROOM SERVICE

We will be happy to serve breakfast in your room. We charge € 15 for this service.

### AFTERNOON SNACK

Every afternoon from 3 pm to 5 pm, we treat you to an afternoon snack in the hotel bar. Our cake buffet features a range of classic and traditional South Tyrolean sweets, including Apple strudel, ricotta strudel, buckwheat cake are an absolute must, and savoury snacks keep the hunger pangs at bay throughout the day.

The afternoon snack is not included in your bill on your day of departure, but you are very welcome to enjoy it for a surcharge of € 10 per person. Please let us know at reception.

### ALPENBLICK BISTRO

Lusciously light summer lunches served from 12 – 2.30 pm. Enjoy our gourmet treats on the hotel terrace or at the bar.

### GOURMET DINNER

From 7 – 8.30 pm, our kitchen team delight your taste buds with their classy culinary creations. Our dishes are made fresh to order, so please arrive punctually for meal times.

### INVITATIONS

You are welcome to invite your guests to dinner. Rates are € 45 per person (drinks not included). Please book early at reception.

### BAR

The bar is open from 8 am to midnight.





# Bistro menu

## Crispy treats from the farm garden

### COLOURED SALAD BOWL\*

with everything imaginable from the farm garden, balsamic apple vinegar. Options...

- ... with fresh apple pieces, walnuts and grated hard cheese from Sexten . 11.00
- ... with juicy grilled strips of chicken breast and pumpkin seeds . \* 14.00
- ... with goat cheese from the Unterolthof, grilled mushrooms and wild herb pesto . 14.00
- ... with our own home-smoked salmon and a selection of grilled vegetables . \* 14.50

## From our antipasto corner

### CLASSIC ALPINE CATTLE BEEF TARTARE\*

with pickled vegetables, toasted grey bread, Alpine butter . 18.50

### "SCHEITERHAUFEN TYROLIAN STYLE" TOMATO AND MOZZARELLA\*

hay-milk mozzarella, basil crostini, tomato, basil . 15.50

### ORIGINAL SEXTEN „MARENDE" PLATE\*

farmers' speck, smoked, dried sausage, Alpine cheese from the Sexten dairy . 14.80

### MOUNTAINEERS' TOAST\*

Black bread, mountain cheese, speck, sauce, small variety of salad . 14,50



## A plate full of tastes ...

### HOMEMADE NETTLE GNOCCHI

with preserved forest mushrooms, flaked mountain cheese and field salad . 15.00

### A WINDOW-DISPLAY OF DUMPLINGS

3 bread dumplings, Sexten Alpine cheese, browned Alpine butter, cabbage salad . 14.50

### HOMEMADE PAPPARDELLE\*

game ragout, roasted belly speck, smoked ricotta, mushrooms . 15.50

### HOMEMADE REGIOKORN (ORGANIC, LOCAL WHEAT) PENNE\*

with tomato or Bolognese sauce . 12.00

## Main Courses

### BUTTER-FRIED VEAL WIENER SCHNITZEL

with chips or potato salad and redcurrants . 18.90

### ALPINE OX TAGLIATA (220 g)\*

with tomatoes, rocket lettuce, flaked hard cheese . 22.00

## A sweet something...

### GRANNY'S WAFFLES

with vanilla ice cream and burberries . 8.50

### ALPENBLICK AFFOGATO

homemade vanilla ice cream, chocolate liqueur, espresso . 4.50

### EVERY DAY

From 12.00 to 2.30 pm

## Alpenblick's BISTRO



\*

Dishes marked with an asterisk can be prepared in a gluten-free version. If you suffer from lactose intolerance or allergies, please let us know when ordering so that we can cater to your needs.

# It's aperitivo time!

Every day at the hotel bar  
from 6.30 pm to 8 pm



## Apero - Ginger Spritz

Apero - Ginger Spritz is a trendy summer cocktail. The basis of this spicy long drink is of course the delicious bitter liqueur Aperol, which was brought to the Italian market by the Barbieri brothers after the First World War. The Aperol Spritz, known and enjoyed all over the world, is presented here in a variation that is a real must-try. The sprig of rosemary added to the glass gives the Spritz its final touch, a real treat and not just for the eye!

## Pre-dinner time is aperitivo time!

Aperitivo time at the Alpenblick is something of a tradition. Along with your glass of sekt, pro-secco or beer we serve the finest of finger food at the hotel bar.

Live the Dolce Vita!



TIPP



# Top-quality sustainable cultivation

## Enjoy your coffee and protect the environment.

With the Sommelier Line from the South Tyrolean coffee roastery Caroma, we bring our sustainability concept to the hotel bar. The tempting smell comes from select coffee beans, cultivated in line with eco-friendly, sustainable practices: Sourced from monitored, certified origins, this coffee is a guarantee of 100% raw Arabica coffee of the highest quality. This line is characterised by a slight acidity and a delicate aroma of walnuts and chocolate.



## ORGANIC, FAIRTRADE, SLOWFOOD

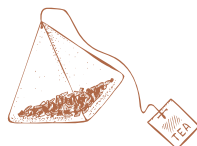
**ALL THE RAW COFFEES  
USED BY OUR COFFEE  
SUPPLIER, CAROMA ARE  
100% TRACEABLE.**

As a partner in a coffee project in Capucas (Honduras), Caroma, together with the cooperative Coca-fal and 25 other members, pursue the goal of cultivating top-quality coffee sustainably, and spreading this expertise. The coffee beans are grown by local farmers on the two high-mountain plantations of "Rio Colorado" and "Finca el Mirador" using environmentally-friendly practices and in harmony with nature.

## A warm, liquid promise



Our partner Monthea ploughs endless dedication, patience and expertise into cultivating fruit and herbs of the highest quality. The sun-ripened fruit and mountain-grown herbs rest and thrive until the time is right; only then are they harvested and processed with the greatest of care. The result? Harmonious tea blends with an intense, unmistakeable taste.



# Sport and Fun



## At Hotel Alpenblick there are all the signs

„Exciting, challenging, varied - so beautiful!“ is how us, Sabine and Markus, the hosts, describe our passion for cycling. We love rocks and high mountains! Are you also one of those cyclists who feel a tingling sensation in their calves just thinking about smooth trails and challenging passages? Do you combine the fun of racing with the pleasure of nature? As a member of „Mountain Bike Holidays“ and co-founder of the „Bike Academy-Sextner Dolomiten“ you are in good hands with us.

We and our local guides will show you the most beautiful places in our homeland and we give you our word that every tour will be an unforgettable experience. As a Bikehotel we are at your disposal as specialist cyclists and much more.



Sabine Lanzinger

Markus Lanzinger  
Bike- & Enduro Guide

## Taking advantage of the trail but from the socket

Experience a whole new sense of riding with our new Raymon E-Bikes. The off-road mountain bikes feature a Bosch battery motor with over 250 Watts and 625 Watts of battery power, which gives you that extra boost of energy when pedalling. With this help, steep climbs become child's play and a simple day on two wheels a pleasure for everyone, regardless of physical condition. Climb up and try it out!

### NEW! Raymon E-Bikes

Daily rental rate from €55.00 depending on model

7x weekly guided E-bike tours

(Monday to Friday)! Daily price 35,00€

## Alpenblick's Bikeshop

### EVOC Backpacks

The EVOC FREERIDE SERIES FR is backpack series with integrated back protector. The CE certified Liteshield Back Protector Technology makes these high-quality bike backpacks into a fully-fledged safety equipment that can prevent fall injuries. The FR backpack concept impresses with its low weight, an FR backpack weighs no more than a conventional backpack and the fact that the back protector is removable and can be worn separately and can be replaced can be worn separately and replaced if it is damaged or dirty.

**You are welcome to test this test this backpack free of charge.**

### IXS Trail RS South Tyrol Edition Bike Helmet

The IXS Trail RS bike helmet in white colour was produced in a limited edition of 500 pieces for the Bikehotels South Tyrol. You are welcome to test the IXS Trail RS free of charge or purchase it in our purchase it in our Bikeshop. **95 € (test free of charge)**

### GPS Garmin Edge 810

There is hardly a better GPS bike computer to support your tour. The Edge 810 is robust, waterproof and has a battery and has a battery life of up to 17 hours. The touchscreen is even with gloves on and in wet conditions. **You are welcome to order this with approx. 35 GPS tours at our test it! 15 € daily fee**

### IXS protectors

Protectors from IXS for knees and elbow.

**You are welcome to test these exclusive protectors free of or even purchase them.**

### Alpenblick Bike Guide

Our newly published Alpenblick Bike Guide with all information and 35 dream tours is available at the reception. **8 €**





## Alpenblick Testcentre

### YOU MUST TRY AN E-MTB!

At the test centre you will find the latest Scott and Rocky Mountain MTBs as well as Raymon E-MTBs ready for your „ride“ in the alpine land. Above all, a tour on an E-MTB opens up completely new perspectives for our guests! Pleasure cyclist or racer, beginner or expert, cycling with the support of an electric motor guarantees pure riding pleasure, not only uphill. In terms of technology, so many systems have been developed in recent years that today the E-MTB can also inspire downhill riders. Curious? Try out the latest Raymon E-MTBs on a test tour.

**DAILY TEST RIDES FROM 5PM TO 7PM,  
E-MTB LOAN RATE: €20.00**

### LOAN RATE FOR ONE DAY: FROM 55,00 €.

Did you forget your bike helmet at home? You have such a wild half. At the test centre we also provide high quality bike equipment available for rent completely free of charge. Evoc bike backpacks, knee and elbow pads, helmets, Garmin GPS devices, bike locks and much more, while stocks lasts.

## Private guides

### AT THE BIKEHOTEL ALPENBLICK IT'S A MATTER FOR THE BOSS

You might know this situation: you're riding your bike, everything is perfect, you're in the flow... but for once, in the middle of the flat, you feel hindered. You don't know how to continue or you have to get off your bike. Or you are looking for a new route, but you don't know where it is in the whole area of the Sexten Dolomites. We just know too well in which situations a bike tour quickly becomes a disappointment. To make sure that there are no mishaps during your holiday at the Alpenblick, we are happy to provide you a private guide tour upon request. This way you are guaranteed to reach your destination on time and without any nasty surprises - even better: the experience increases from altitude to altitude as the tour is perfectly adapted to your performance level.

### EXCLUSIVE PRIVATE TOUR

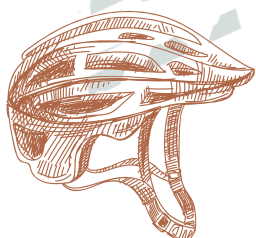
With host Markus, by MTB or E-MTB:

DURATION	PRICE	
<b>Full day (6h excluding lunch)</b>	1 Pers. <b>160 €</b>	+ Pers. <b>25 €</b>
<b>Half day (3h)</b>	1 Pers. <b>100 €</b>	+ Pers. <b>20 €</b>

### DO YOU LIKE CYCLING IN A GROUP?

5 times a week we offer private E-MTB tours with a guide.

pro Pers.  
**35 €**



## Alone through the UNESCO World Natural Heritage Site, the kingdom of the Dolomites?

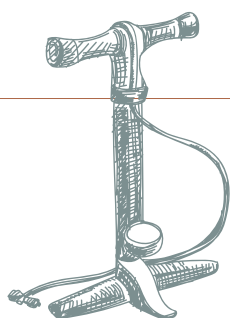
At the bike-info-corner at the reception you will find all the information about the Bike-hotel Alpenblick, a variety of material about the bike routes of the Sexten Dolomites such as panoramic maps, tour descriptions and programs. Ask your host Markus for more local tips! As an experienced bike guide he will advise you properly on the choice of route and help you find your favourite tour. Why: fitness and technical skills are crucial here.



# For our bike lovers

## „Bike barn“ and bike shop

Protected from rain, wind and prying eyes. In our old Alpenblick barn, which has been converted into a bike garage, you can safely park your beloved MTB or E-MTB. The bike barn is fully secured with cameras and alarms. We recommend you to leave your helmet and the rest of your equipment in the lockable lockers, so that your equipment remains safe until your next tour. Does your bike need a wash or an extra check-up? In the bike barn there is a washing area where you will also find the necessary tools to carry out small repairs yourself. You will find special accessories in the bike shop at the reception: brake pads, tubes, chain locks, chain oil, etc. With these basics you can get your bike back in shape in no time. Do you need the help of an expert? We will be happy to take care of the repair. Just contact our reception.



### Alpenblick Bike „PLUS“

#### All the advantages at a glance:

##### INCLUDED

- Test centre with free rental of bike equipment
- Drying facilities for bike clothing and shoes
- Tour downloads for your personal GPS device
- Bike barn (lockable and secured with alarm) with a serviced corner equipped with tools, mounting bracket, pump, etc. As well as a dedicated bike washing area.

##### FEE-PAYING

- Daily guided MTB and E-MTB tours
- Test centre with MTB and E-MTB rental
- Professional repair service
- Laundry service for bicycle clothing



## MTB Programm

### MONTAG

- MTB-Tour-Erlebnis zu den „Sextner Bergalmen“ mit Besuch bei Hannes & Martina auf der „Klammbach-Alm“ 45,00/35,00 € | Start 10.00 Uhr
- EMTB Tour am Fuße des Pfannhorns zur Silvesteralp und über den Burgweg zum Gasthof „Alte Säge“ zurück nach Sexten/Moos zum Bikehotel Alpenblick 45,00/35,00 € | Start 10.00 Uhr

### DIENSTAG

- Must have für Trailbiker“ Single Trail Giro Tour 5 Bahnen & 5 Berge 55,00/40,00 € (+ Seilbahnticket) | Start 09.00 Uhr
- Fahrtechnik-Kurs „Learn & Ride“ mit anschließender Übungstour 45,00/35,00 € | Start 10.00 Uhr
- EMTB Highlight Tour auf dem Monte Spinatrail ins benachbarte „Veneto“ **TIPP!** Euro 45,00/35,00 € (+ Seilbahnticket) | Start 10.00 Uhr

### MITTWOCH

- „Top of the Stoneman“ The Demuth-Trail es begleitet Sie Roland Stauder 45,00/35,00 € (+ Seilbahnticket) | Start 10.00 Uhr
- Rock the „KRONPLATZ“ 60,00/50,00 € (inklusive Shuttle + Seilbahnticket) | Start 08.45 Uhr
- EMTB Tour auf die Plätzwiese das Sonnenplateau der Pragser Dolomiten 45,00/35,00 € | Start 10.00 Uhr

### DONNERSTAG

- „Auf alten Kriegswegen unterwegs“ Trail Tour Marchkinkele mit Shuttle bis zur Lachwiesenhütte **TIPP!** 55,00/45,00 € (inkl. Shuttle + Seilbahnticket) | Start 09.00 Uhr
- „EMTB- Erlebnis - Tour zu den Bergalmen mit Einkehr auf der „Coltrondo-Alm“ 45,00/35,00 € | Start 10.00 Uhr

### FREITAG

- Der Klassiker“ in den Sextner Dolomiten „Monte Arnese“ mit Single Trail und „Drei Zinnen-Blick“ zur Klammbachalm mit Unterstützung der Helmbahn 45,00/35,00 € (+ Seilbahnticket) | Start 10.00 Uhr
- EMTB Traumtour Five Huts im Naturpark Pragser Dolomiten inkl. Shuttle bis Parkplatz S. Umberto 60,00/50,00 € | Start 09.00 Uhr

### SAMSTAG

- „Must have für Trailbiker“ Single Trail Giro Tour 5 Bahnen & 5 Berge 55,00/45,00 € (+ Seilbahnticket) | Start 09.00 Uhr
- EMTB Single-Trail - Tour rund um Sexten 50,00 € (+ Seilbahnticket) | Start 10.00 Uhr

### SONNTAG

- EMTB Tour zu den Bunkern am Arzalpenkopf technischer Teil bis S3 zurück zum Kreuzbergpass **TIPP!!** 60,00 € (+ Seilbahnticket) | Start 10.00 Uhr

## Pleasure among the line

Returning from an exciting tour through the Sexten Dolomites cycling paths, you may be delighted to receive a multifaceted culinary offer. Inspired by rustic recipes, we offer imaginative Alpine-Mediterranean creations using fresh regional ingredients. Irresistibly good!



# Alpenblick bike test center

You left your bike at home? No problem: in our Alpenblick-Bike-Rent you will sure find the right bike! And you don't even have to move out from the Hotel! At the „Bikehotel Alpenblick“ you can find the best and most recent bikes of Scott, KTM & Rocky Mountain. The ideal for your bike adventures in the Dolomites! The right person for all your belongs regarding BIKE'S is Mr. Markus Lanzinger.

## SCOTT GENIUS 730



**Material:** Hydroformed and custom butted 6061 aluminium

**Fork:** Rockshox FOX 34 Float Performance Air | 150 mm

**Rear Shock:** FOX Nude | SCOTT

**Brakes:** Shimano SLX M675 Disc | 180/180 mm

**Sprocket:** Shimano XT CS-M8000 / 11-40 /11 speed

**Rear Derailleur:** Shimano XT RD-M8000 DSGS 2x11-speed

**Tires:** Schwalbe „Noby Nic“ 2,25 x 27,5

**Seat Post:** Vario Conway Droper Post

**Weight:** 22,4 kg

SIZES (M) (L)

Day	Euro
1	40 €
2	78 €
3	114 €
4	148 €
5	180 €
6	210 €
7	240 €

## ROCKY MOUNTAIN SLAYER 750 MSL FULLY



**Material:** SMOOTHWALL™ Carbon C13 Frame. Full Sealed Cartridge Bearings. Press Fit BB. Internal Cable Routing. ISCG05 Tabs. RIDE-4™ Adjustable Geometry

**Fork:** RockShox Lyric RC 170mm

**Rear:** RockShox Super Deluxe Debonair RC3 165mm

**Brakes:** Shimano SLX 203/180mm

**Sprocket:** Shimano XT 11-42T 11spd

**Rear Derailleur:** Shimano XT Shadow Plus Direct Mount 1x11spd

**Tires:** Maxxis DHF 27.5 x 2.5 Folding

**Seat Post:** Race Face Turbine Dropper 30.9mm

**Weight:** 11,20 kg

SIZES (M) (L)

Day	Euro
1	50 €
2	96 €
3	142 €
4	185 €
5	225 €
6	262 €
7	299 €

## ROCKY MOUNTAIN ALTITUDE 770 MSL FULLY



**Material:** FORM 7005 Series Custom Hydroformed Alloy. ABC + BC2 Pivots & Grease Ports.

**Fork:** Fox 34 Float Fit4 160mm

**Rear Shock:** Fox Float DPS Kashima Remote Custom Valved. SmoothLink Design 150mm. Rebound / Remote Firm - Medium - Open Settings / EVOL Air Sleeve

**Brakes:** Shimano XT Hydraulic Disc 180mm

**Sprocket:** Shimano XT 11-42T 11spd

**Rear Derailleur:** Shimano XT Shadow Plus Direct Mount 1x11spd

**Tires:** Maxxis F: Minion DHF EXO Folding 27.5" x 2.30" R: Ardent EXO Folding 27.5" x 2.4"

**Seat Post:** RockShox Reverb Stealth 30.9mm x 355-420mm

**Weight:** 12,5 kg

SIZES (M) (L)

Day	Euro
1	40 €
2	78 €
3	114 €
4	148 €
5	180 €
6	210 €
7	240 €

## ROCKY MOUNTAIN „GROWLER“ 730 27,5+



**Material:** Rocky Mountain 6061 Series Custom Hydroformed Alloy. Threaded BB

**Fork:** Suntour XCM32 Coil 120mm

**Brakes:** Shimano M355 180mm

**Sprocket:** Shimano HG-300 12-36T

**Rear Derailleur:** Alivio 1x11 T28

**Tires:** WTB Ranger 3.0 XXS - XS: 26" / S-XXL: 27.5"

**Seat Post:** Vario Conway Droper Post

**Weight:** 11,00 kg

SIZES (M) (L)

Day	Euro
1	25 €
2	46 €
3	66 €
4	86 €
5	105 €
6	120 €
7	135 €

## SCOTT ASPEKT 750



**Material:** Aspect 700 series Alloy 6061 Performance geometry Internal cable routing

**Fork:** Suntour XCT-HLO 27.5 Lockout, 100 mm travel

**Brakes:** Tektro SCH-F15 Hydr. Disc 160mm

**Sprocket:** Shimano CS-HG31-8 I 11-32 T

**Rear Derailleur:** Shimano Altus RD-M370 24 Speed

**Tires:** Kenda Slant 6 27.5x2.1 / 30TPI

**Weight:** 14,20 kg

SIZES (S) (M) (L)

Day	Euro
1	25 €
2	46 €
3	66 €
4	86 €
5	105 €
6	120 €
7	135 €

## E-BIKE

## RAYMON „FULL RAY“ 29 150 E. 8.0



**Frame:** Aluminum

**Motor:** Yamaha 250 W, 70 NM

**Fork:** RockShox 35 Gold RL, DebonAir

**Shock:** RockShox Deluxe Select+, 230x57 mm

**Battery:** Simplo EnergyTube, 630 Wh,

36 V

**Tires:** Schwalbe Nobby Nic, Performance, 65-622, 29x2.6

**Seatpost:** R Raymon, 31,6 mm, Dropper Post

SIZES (S) (M) (L)

Day	Euro
1/2	40 €
1	55 €
2	106 €
3	156 €
4	204 €
5	248 €
6	288 €
7	329 €

## E-FAT-BIKE KTM MACINA FREEZE PLUS 10-S DEORE XT



**Frame/Fork:**

„MACINA FATBIKE-10 26“ Alloyframe 6061 für Bosch-System 2015 RockShox Bluto RL 26 -15-80SA-T

**Brakes:** Shimano RT66 180/160 Shimano Deore M615 hydr. Disc

**Seatpost:** Shimano Deore XT M780 10

**Motor/Battery:**

BOSCH - 2015 CENTERMOTOR PERFORMANCELIN

36V - 250 W

Bosch Intuvia LCD-Center-Display

Bosch Akku 36V / 11.1Ah = 400 Wh

**Weight:** 23,7kg

SIZES (S) (M)

Day	Euro
1/2	28 €
1	35 €
2	68 €
3	99 €
4	127 €
5	154 €
6	180 €
7	205 €

## KIDS-BIKES

## SCOTT VOLTAGE JUNIOR 24



**Material:** Voltage 24 Disc Junior Octagon tubing Alloy 6061 P.G. / IS

**Fork:** SR Suntour XCT-JR 24 Disc 50mm travel softer spring setup

**Brakes:** Tektro SCM-02 Mech. Disc Brake / 160mm Rotor

**Sprocket:** Shimano MF-TZ21 14-28T

**Rear:** Shimano Tourney RD-TY300 21 Speed

**Tires:** Kenda K1166 / 24x1.95 / 22TPI

**Weight:** 13,20 kg

Day Euro

1	20 €
2	36 €
3	51 €
4	64 €
5	75 €
6	86 €
7	96 €

## CONWAY EMS 240 JUNIOR 24“ (2020)



Children have a lot of energy and are often hardly able to be stopped. With the „eMS 240“ CONWAY has brought an e-bike onto the market that takes the needs of children into needs of children. The geometry has been adapted from the proven, non-motorised children's bikes from CONWAY.

**Brakes:** Tektro „M282 Junior Disc“, 160 mm

**Shift lever:** Shimano „Acera SL-M3000“

**Sprocket / pulley:** SHIMANO „HG200“, 11-36 Z.

**Weight:** 19,90 kg

Day Euro

1	25 €
2	46 €
3	66 €
4	86 €
5	105 €
6	120 €
7	135 €



# Towards the summits

## RECOMMENDED WALK

## TO THE „AUSSERGSELL“ 2,007 m



The Gsellwiesen meadows, accessible via easy paths, even though sometimes steep, are a valuable tip for nature lovers and those seeking peace and quiet. They stretch out between the slopes of two similarly high peaks of the same mountain range and rise up beneath the imposing Dreischusterspitze mountain structure.

Peace - solitude and silence combine with magnificent views. Food must be brought along as there is no managed hut.

Starting from the hotel, cross the valley in a westerly direction and reach the ruins of the old Haideck fort (1413 m). Take trail 1 A and follow the forest and meadow slopes southwards until you reach the junction with trail 12. Now on this steep uphill path through the forest, follow a small river and continue upwards until the forest thins out. There, a fountain bears the inscription „all the waters of the world sing the song of joy“, and it is a real joy to quench your thirst here. Shortly afterwards you cross the valley and arrive at a crossroad. Now climb left in several hairpin bends on the shady

forest path to the first mountain meadows and on a narrow path to the highest point of the Innergsell meadows, the „Rossehimel“ (2065 m; Innergsell ). From here you can enjoy a magnificent view of the mighty backdrop of the Sexten Sundial Mountain, the Central Alps as well as Sexten and the Pustertal Valley. Then we descend briefly to the west on trail no. 12, cross the scree below the „Gsellknoten“ and reach the „Außergsell“ (2004 m) with its similarly named meadows and a private hut.

**TIP:** You can meet Andrea almost every day in his alpine hut, for a free donation he will gladly gift you a schnapps or a drink and he is happy to have a little chat with anyone who stops by.

The descent leads first along a wide path (forest road) no. 12 with flat ground, where path 12B branches off in an easterly direction down over the meadows called „Frohne“ in the direction of Sesto, back to the starting point.



## Summer-Info

### HIKING TIPS AND INFORMATION

You will find an information map with hiking tips at reception.

### GUIDED WALKS

The Alpinschule Drei-Zinnen mountaineering school organises walking tours through the Sexten Mountains every week. Participation is free and, we can book your place here at the hotel. Just let us know at reception.

### ALPENBLICK OUTDOOR MAP

With tips on leisure activities, available at reception (€ 5)

### HIKING EQUIPMENT

Free rental of rucksacks, telescopic hiking sticks and rain ponchos.

### PACKED LUNCH

If you would like a packed lunch for your walking or biking trip, please order at reception the day before. The cost is € 8 per person (included in weekly packages).

### HIKING BOOTS

You can leave your hiking boots in the boot-cellar in the main building.

### 3 ZINNEN MOUNTAIN CARD

With the 3 Zinnen Mountain Card you can enjoy unlimited use of the cable car facilities of Helm, Rotwand, Stiergarten, Haunold and Sillian Hochpustertal for the time-period of your choice. To purchase the card, just ask at the reception.

# Experience our mountains



Set off and let yourself be impressed. The unique landscape of the Sesto Dolomites fascinates at all altitudes. 4 x a week there are free guided hikes. Here you will find an excerpt from our weekly programme:

- Historical hike - Anderter Alpe \*\*
- Lutterkopf Taisten \*\*
- Altenstein Valley – Three Peaks hut \*\*\*
- Kreuzberg – Rotwand meadows \*
- Alpine round: Coltrondo – Nemes \*\*
- Strudelkopf Prato Meadow Braies \*\*
- Altenstein Valley – Three Peaks hut \*\*\*
- Alpine tour: Klammbach – Nemes \*
- War history Arzalpenkopf / Opera 10 \*\*
- Haunold mountains \*\*
- Hut circuit \*\*\*
- Farm escursione \*
- Hornischeck \*\*
- Bonner-Hut Dobbiaco \*\*
- Hut circuit \*\*\*
- „Seikofel“ \*
- Flora of the Dolomites – Gsell-Lawn \*\*
- Lutterkopf Taisten \*\*
- Innerfeld Valley – Three Peaks Hut \*\*\*

Level of difficulty:

\*easy \*\*moderately difficult \*\*\*challenging



All information about the hiking programme in the **GUEST NET.**

[alpenblick.guestnet.info](http://alpenblick.guestnet.info)

**NEW IN SUMMER 2021:**

## The Summer Card

More advantages for more exciting holiday experiences! Curious? All information about your advantages and costs of the new Summercard you can get at the reception.

## 3 Zinnen Mountain Card

With the 3 Zinnen Mountain Card you can use all open lifts without limitation (except Funbob on Baranci). The period of validity of the 3 Zinnen Mountain Card starts with the first access to the turnbull.

Please note: always check the current opening times of the lifts.

	1 Day		3 in 4 Days		5 in 7 Days		5 in 10 Days	
	Offline	Online	Offline	Online	Offline	Online	Offline	Online
<b>Adults</b>	40 €	37,50 €	54 €	51 €	69 €	65 €	80 €	75 €
<b>Junior</b>	26,50 €	28 €	38 €	35,50 €	48 €	45 €	56 €	52,50 €
<b>Family *</b>	111 €	105 €	149 €	141 €	189 €	179 €	219 €	205 €
<b>Bike transport per person</b>	inkl.	inkl.	+ 20 €	+ 18 €	+ 25 €	+ 23 €	+ 30 €	+ 28 €

\*Family = 2 adults and at least 2 juniors; children under 8 years free of charge.





# Homemade presents

If you are in search of a gift to take home so let us know.  
We will prepare a nice present.



## STONE PINE SALT OR HERBS

### Delicious herbal salt

Delicious, homemade salt in a wooden butter barrel. Something special from your holiday hotel!

200 g **9,50 €**



## KRÄUTERSALZ IM EINWECKGLAS

### Kräutersalz

Leckere, hausgemachte Salzmischung im Einweckglas. Etwas besonderes aus Ihrem Urlaubshotel!

200 g **14,50 €**



## ALPINER TEE

### Kräutersalz

Leckere, hausgemachte Salzmischung im Holz-Butterfass. Etwas besonderes aus Ihrem Urlaubshotel!

200 g - 300 g **16,00 – 19,50 €**



## SCHLÜSSELANHÄNGER

Leckere, hausgemachte Salzmischung im Holz-Butterfass. Etwas besonderes aus Ihrem Urlaubshotel!

**15,00 €**



## „HEARTS“

### Do you also so admire all our hearts?

Ms. Sabine Lanzinger has created these images over the past few months. They are available in different sizes.

**45,00 – 99,00 €**



## PAINTED GLASS BOTTLES

### by Sabine herself

The glass bottles can be used very well for decorative purposes or for filling in, for example, homemade drinks. It's also a great gift idea, don't you think so?

**19,00 €**



# A-Z guide

## DEPARTURE

You can settle your bill on the evening before your departure from 7 pm to 9.30 pm or on your departure day from 9 am. We ask you to leave the room within 10 am. On request, late check-outs are possible (until 6 pm) and are charged at 50 % of room rates. You are welcome to use the spa facilities with mountain lake on your day of departure until 6 pm, inclusive of afternoon snack, for a surcharge of € 35 per person.

## TOW SERVICE DOBBIACO

Via Pusteria 7b  
Tel. 328 769 38 79 / Tel. 329 933 02 85

## SEXTEN/SESTO PHARMACY

Via Dolomiti 23  
Opening hours: MON–FRI 8.30 am–12 pm & 3–7 pm / Tel. 0474 710 460

## GENERAL EMERGENCY CALLS

First aid, emergency doctor, fire brigade, mountain rescue  
Tel. +112

## DOCTORS

Dr. Karl Mayr  
Via Laner 13 / Tel. 0474 710 407  
MON–FRI 8 am–12 pm  
MON–THURS 4.30–6 pm  
San Candido: Accident and Emergency, Innichen Hospital  
Tel. +39 0474 917 111(Emergencies only)

## CAR RENTAL

Auto Kirchler  
Pizachstraße/Via Pizach 27, Innichen  
Tel. 0474 913 276

## INNICHEN/SAN CANDIDO

### TRAIN STATION

Tel. 0474 913 224  
Toll-free number: 840000471

## SOMMER BIKE ACADEMY

At the valley station of the Sexten Helm cable car. Opening hours: 8.30 am–12 pm & 3–7 pm. Closed on Sundays July and August. Sundays open. Opening hours subject to weather conditions.  
Tel. +39 342 747 68 68

## FISHING

Fishing permits:  
Sport Mode Kiniger  
Dolomitenstraße/Via Dolomiti 31  
Tel. 0474 710 433

Hotel Mondschein  
Dolomitenstraße/Via Dolomiti 5  
Tel. 0474 710 322

Garni Bergsteiger  
Dolomitenstraße/Via Dolomiti 29  
Tel. 0474 710 417

## FRISEUR\*IN

**Villgrater Heinz**  
Moos Tel. 0474 710 394  
Sexten Tel. 0474 710 336  
**Salon Hairrichtn**  
Sexten Tel. +39 370 138 4501

## LOST PROPERTY OFFICE

Sexten/Sesto town hall, Via Dolomiti 9  
Tel. 0474 710 323

## GUEST NET

Access all information on the Hotel Alpenblick and the surrounding area in real-time.  
[alpenblick.guestnet.info](http://alpenblick.guestnet.info)

## SHOPS

Opening hours: 8.30 am–12 pm & 3–7 pm

## INTERNET

Free wifi is available throughout the hotel. You can hook up to the internet direct from your notebook.

## MECHANIC

Mair Christian  
Dolomitenstraße/Via Dolomiti 4  
Tel. 0474 710 369

## MUSEEN

Museum Bellum Aquilorum  
Ausstellung „Spuren der Geschichte“  
Öffnungszeiten: Juni bis Oktober  
Juli/August jeweils  
DI – SA: 16.00 – 18.00 Uhr  
Juni/September jeweils  
DI, DO, SA: 16.00 – 18.00 Uhr

Krippenausstellung  
vom 13.06. bis 18.10.2021  
Öffnungszeiten:  
DI – SO: 8.00 – 18.00 Uhr  
im Hotel Mondschein  
kostenlos/ohne Anmeldung

Museum Rudolf Stolz  
Ende Juni bis Anfang Oktober 2021  
Öffnungszeiten:  
MI, FR, SA: 16.00 – 18.00 Uhr  
SO: 15.00 – 18.00 Uhr

## VAL FISCALINA CAR PARK

Parking fee:  
The first hour € 2, every additional hour

1.50 € - daily rate from 5 hours 8 €

## SEXTEN/SESTO POST OFFICE

Via Dolomiti 9 / Tel. 0474 710 311  
Opening hours:  
MON–FRI 8.20 am–1.45 pm  
SAT 8.20 am–12.45 pm

## TAXI SEXTEN/SESTO

Holzer Remo  
Tel. 0474 710 650 / 348 382 39 88

Myline Shuttle service

Tel. 345 569 40 86

Rogger Günther

Tel. 348 842 37 79

Holzer Bus

Tel. 0474 710 309

## TELEPHONE

You can make calls directly from your room. Select “0” for an outside line. Outside lines are not available on the evening before your departure; please let us know at reception if you would like to make further phone calls.

## TRAFFIC INFORMATION CENTRE

Tel. 0471 200 198

## WAKE-UP CALL

Our reception staff will be happy to give you a wake-up call at any time.

## DENTIST

Innichen/San Candido: Dr. Wilhelm Sulzenbacher, St. Michaelsplatz/Piazza San Michele 9, Tel. 0474 913 718

Toblach/Dobbiaco: Dr. Giuseppe Cascavilla, Schulplatz/Piazza Scuole 5, Tel. 0474 745 554 / 335 843 63 55

Niederdorf/Villabassa: Dr. Herbert Campidell, Parkstraße/Via Parco 3, Tel. 0474 745 300

## NEWSPAPERS

Order your favourite newspaper from reception and it will be waiting for you the next day at your breakfast table.

Hotel Alpenblick  
St.-Josef-Straße 19  
I-39030 Moos (Sexten)  
Tel. 0039 0474 710 379  
[hotel@alpenblick.it](mailto:hotel@alpenblick.it)  
[www.alpenblick.it](http://www.alpenblick.it)

**Tel. Reception:**  
**9 or 153**