

alm with 6

Experience the feeling of being welcome and indulged, forget everyday life and enjoy every moment to the fullest - the very best kind of holiday there is.

Enjoy a winter break at the heart of the mountains around Racines, go Alpine and cross-country skiing and hiking in the snow and be bewitched by the South Tyrolean hospitality and wonderful peace and tranquility. You can choose your holiday "home from home" from five family-run establishments and immerse yourself in an unforgettable adventure.

Because 5 plus you guarantee a great holiday.

Locally-grown ingredients and imaginative preparation in our kitchens guarantee culinary excitement and contribute to your feel-good holiday in the same way as the comfortable accommodation in our lovingly furnished rooms.

Best wishes from Racines -

The

Rainer-Schölzhorn family



The power of the Swiss stone pine

The Swiss stone pine (pinus cembra), also known as "queen of the Alps", is a species of pine tree and grows above the altitude of 1,400 m and below 2,400 m. The positive characteristics of these trees on the holistic well-being of people has been known for centuries.

Improved sleep

Studies confirm that the scent of the wood slows down the heart rate through essential oils. This improves recovery times intensively and supports blood circulation.

General well-being

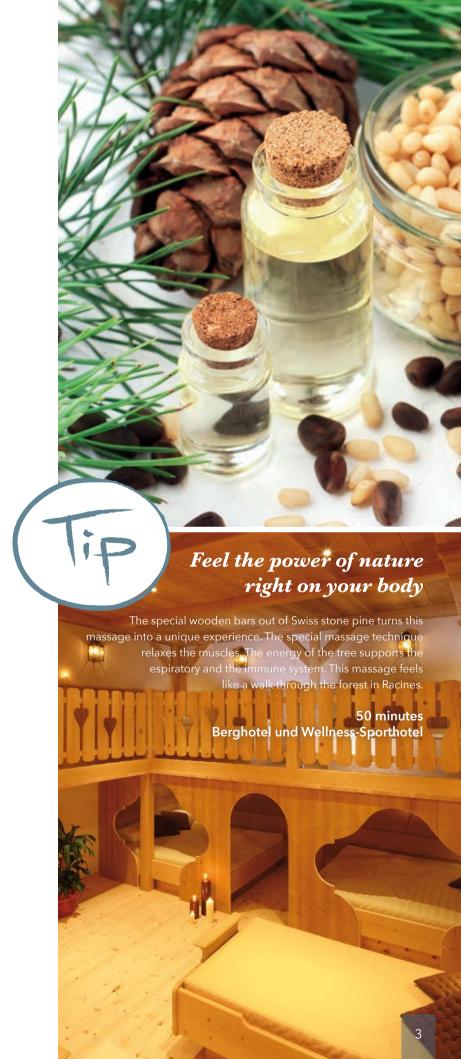
The Swiss stone pine allows for deep relaxation and inner peace, you will feel wonderfully rested.

No more moths

Swiss stone pine contains pinosylvins which stop fungus and bacteria from attacking the wood. If the swiss stone pine is used in furniture its scent keeps moths away. A cupboard out of swiss stone pine offers a moth-free storage for your cloths.

The scent of the swiss stone pine in the Berghotel

Our relaxation room "Calm pine cottage" awaits you with wonderful warmth and absolute relaxation. The atmosphere in the room is truly special. Feel as if you were in a mountain cottage. Body and soul will calm down thanks to the amazing scent of the pines. Indulge yourself and feel the magic of our sauna area.













Wonderful wellness pleasures in our spa and beauty area

We will pamper and spoil you from head to toe. Enjoy unforgettable moments in our Spaarea. Dive into a world of pleasure.

The Finns are the true experts in the art of sauna - they also invented the word to name it: 'wooden room'. Experience the beneficial effects of our sauna - choose between dry saunas and a steam bath. If the sauna is too hot - indulge yourself with some time in our Infrared-cabin. You will love it. Relax and feel at ease. You will not need more. Additionally, our professional staff will show you deep relaxation with our massages and beauty treatments. Our Spa oasis offers relaxation that will accompany you for a long time once you are back home. Recharge with new energy.

Do you want to experience true relaxation?
Leave all your cares behind? A wonderful
massage or a special beauty treatment will be
the perfect choice for you! Allow yourself to be
treated by our professional beauty team and
enjoy a great time! From head to toe! A relaxing back massage, a facial treatment or a bath
are just waiting for YOU! A dive into our pool
or jacuzzi afterwards will be invigorating.

A special highlight of the Hotels Ratschings ist the Grander water: a revitalizing experience in all our houses of the Hotels Ratschings. This is how well-being feels like in South Tyrol.





Winter hike to Flading in the Ratschingstal Valley





•••• Difficulty (moderate)

•••• Technique

••••• Landscape

From the Kirchdorf Bichl in Racines (1,280 m.), always on the sundeck, a slight ascending, and then gradually leading through the meadows, past several courtyards to the stately Larchhof (1,356 m.) on a paved hiking and cross-country trail in a beautiful flat hike mostly through meadows and finally, past individual courtyards, through meadows to the fields of Flading (1,482 m, in the farm Schölzhorn); from Bichl approx. 2:00 hrs. Return: as outward.

Source: www.ratschings.info



Series and 06.01.2019-11.01.2019 (bookable only in this specified period) The offer includes 5 nights with half board plus a 4 day ski pass and wellness coupon of € 45 (non-transferable). BERGHOTEL RACINES ★★★★ 685 € WELLNESS SPORTHOTEL ★★★★ 685 €

Gertraud Gruber – a pioneer with vision

Her name has been a trademark for many years. Since 1955 Gertraud Gruber has been synonymous with classic beauty care based on natural principles: with her holistic ethos, she did not only focus on face and body but also on the well-being of mind and soul in her treatment from day one.

True to her motto, 'When you stop wanting to be better, you stop being good', Gertraud Gruber regularly incorporates new ingredients, manufacturing and application methods into her treatments.

Source: www.gertraud-gruber.de

The cosmetic products and treatments from Gertraud Gruber are based on highly beneficial natural ingredients. Herbs, coldly pressed organic oils, vitamins and minerals are contained in the product lines by Gertraud Gruber. The right combinations ensure perfect results for your face and body. A true heaven for body and soul is waiting for you!





Sking and 13.01.2019-01.02.2019 (Arrival on Sunday) The offer includes 5 nights with half board plus a 4 day ski pass and wellness coupon of € 45 (non-transferable). 698€ BERGHOTEL RACINES ★★★★ WELLNESS SPORTHOTEL ★★★★ 698 €



Winter cottages in Sterzing and Ratschings

Snow-shoe-hiking, tobogganing or winter hiking are wonderful - especially with a stop in one of the winter cottages which offers typical, delicious South Tyrolean specialties. Many cottages and huts are opened during winter - even outside of the skiing area - a wonderful trip in nature!

We inform you happily about the tours to these lovely cottages. What are you waiting for?

'Kaiserschmarrn' -A very special South Tyrolean sweet

150 g flour

100 ml milk

100 ml cream

6 egg yolks

half a package of vanilla sugar

1 spoon rum

6 egg-whites

a dash of salt

40 g sugar

40 g raisins (optional)

Additional: baking oil, powdered sugar to sprinkle

Preparation: Mix flour, milk, cream, the egg yolks, vanilla sugar and the rum to a smooth batter. Beat the egg whites, the salt and the sugar and add them to the batter. Heat the oil in a big pan and pour the batter into it. Add the raisins if you want to. Once one side is baked golden, turn the whole thing around. Bake the batter afterwards in the preheated oven (200°C) for 3-5 minutes. Then you can rip the 'Kaiserschmarrn' into pieces with two works.

Enjoy it with powdered sugar.









5 reasons why fresh mountain air is great for us

Lots of oxygen

Exercise outside allows us to breathe deeply, which supplies all organs, muscles and especially the brain with oxygen. More oxygen improves concentration and focus

Bad mood? Let's explore nature!

Exercise outside and regular time spent in nature, even in bad weather, is great for your body and your well-being. These times outside are also highly beneficial to your soul. The exercise recharges your batteries and boosts your happiness.

Full of energy your entire life

The mountain air is really healthy because it allows for deep breathing combined with true calmness and relaxation. A Greek study concluded that life-expectancy rises with higher altitude levels.

Protection from illness

The fresh mountain air is great for your blood circulation, your immune system and protects you from heart attacks. The thin and dry air in connection with more sun activates the body's defenses.

Great ideas

Fresh air makes you smarter! Apparently, it is not the air alone which supports your concentration but a bacterium (mycobacteria vaccae) to be found in nature. It stimulates special brain cells and increases serotonin levels in your body. And we all know that serotonin makes us happy!







★★★★ BERGHOTEL RACINES

Indoor pool (6 m x 12 m) and jacuzzi, sauna area, fitness room, underground parking space, free internet access throughout the hotel, large breakfast buffet, daily choice of five-course set meal with salad buffet and cheese specialities from the buffet, for charge: massages, cosmetic treatments, solarium.

★★★ BERGHOTEL RACINES	DOUBLE ROOM	COMFORT ROOM	SUITE	PANORAMA SUITE
01.12.2018–22.12.2018	€110	€ 120	€ 130	€ 135
22.12.2018-06.01.2019	€ 125	€ 135	€ 145	€ 150
06.01.2019-03.02.2019	€ 112	€ 122	€ 132	€ 137
03.02.2019-01.03.2019	€ 115	€ 125	€ 135	€ 140
01.03.2019-10.03.2019	€ 125	€ 135	€ 145	€ 150
10.03.2019–28.04.2019	€ 115	€ 125	€ 135	€ 140

For family room rates see our double room prices.

★★★★ WELLNESS SPORTHOTEL

Indoor pool (7 m x 10 m) and jacuzzi, sauna area with Finnish sauna, free internet access throughout the hotel, fitness room, underground parking space, large breakfast buffet, daily choice of five-course set meal with salad buffet and cheese specialities, for charge: massages, cosmetic treatments, solarium.

*** WELLNESS SPORTHOTEL	DOUBLE ROOM	SUITE	FAMILY ROOM	FAMILY ROOM 2 BATHROOMS
01.12.2018-22.12.2018	€112	€ 127	€ 112	€ 122
22.12.2018-06.01.2019	€ 129	€ 156	€ 129	€ 142
06.01.2019-03.02.2019	€112	€ 132	€ 112	€ 122
03.02.2019-01.03.2019	€115	€ 135	€ 115	€ 125
01.03.2019-10.03.2019	€ 129	€ 156	€ 129	€ 142
10.03.2019-28.04.2019	€ 115	€ 135	€ 115	€ 125

★★★ GUESTHOUSE ROSENHEIM

Large breakfast buffet, sauna area and free internet access throughout. Evening meals are served until 24.12.2018 in our 4-star hotels (250 m away). Guests of the Guesthouse Rosenheim may use all of the spa facilities and swimming pools in the hotels free of charge.

★★★ GUESTHOUSE ROSENHEIM	DOUBLE ROOM
01.12.2018–22.12.2018	€75
22.12.2018–06.01.2019	€ 83
06.01.2019-03.02.2019	€73
03.02.2019-01.03.2019	€76
01.03.2019–10.03.2019	€ 83
10.03.2019–28.04.2019	€76

The prices at the Berghotel, Wellness Sporthotel and Guesthouse Rosenheim are per person per day including half board for a minimum stay of 3 days. Weekend short breaks: A supplement of 10 % is charged for short stays and 15 % for weekends. The single room supplement depends on season and room. Our rooms are available from 2 pm on your day of arrival. We charge € 15 per day for your dog - excl. food. For children in family rooms (2 adults and 2 children) we offer a 20% reduction per child. For children in double rooms we offer the following reductions: 0-2.99 years 100% | 3-9.99 years: 50 % | 10-14.99 years: 30 % 15 years and older: 10 %

★★★★ TENNE LODGES

Tenne Lodges offers Infinity Pool (5 m x 17 m) with wonderful thermal water from our spring, a sauna area, Physiotherm infrared cabin, fitness room, garage, huge breakfast buffet, every day particular menu choices with salad buffet and cheese specialties. We also offer free wireless internet access throughout the Tenne lodges. There is a charge for massages and beauty treatments.



Early Bird skiing

09.12.-14.12.18 or
16.12.-21.12.18

890 € with half board for 2 people, for 5 nights



Powder Days 06.01.-01.02.19

(Sunday-Friday)

1,270 € with half board for 2 people, for 5 nights



Spring in white

17.03.-12.04.19

(Sunday-Friday)

1,150 € with half board for 2 people, for 5 nights

Other prices upon request.

The lodges can also be booked for an entire season. We look forward to proposing you an individual offer to suit your needs. In addition, our tourist association charges a daily visitor's tax in all our hotels for every person over 14 yrs of age.



Enjoy a family holiday... wake up, have breakfast, spend a couple of relaxing hours together. Apartments Daniel are just right!

Be it as a couple or with the whole family, you'll feel right at home. The three apartments in our holiday home have 2-3 bedrooms, a living room, kitchen, bathroom, daytime WC and a balcony / outdoor area in the ground floor apartment. At approx. 90 m2, an apartment has room for a maximum of 6-7 people. Apartments Daniel are approx. 2.5 km from the Racines-Jaufen ski resort and from our two 4-star establishments. All guests of the apartments may use all of the bathing and spa facilities in the Berghotel and Wellness Sporthotel free of charge. You may also enjoy your breakfast or dinner in one of our 4-star hotels. For one apartment we charge approx. € 1,260 for 7 days and 4 people depending on the season and occupancy.

Additional occupants per request! Bed linen and towels are provided. We look forward to your enquiry!

