

ALTO

A JOURNAL ON BEAUTY AND THE GOOD LIFE BETWEEN MOUNTAINS AND PALM TREES





KLAUS AND MORITZ DISSERTORI

THE BROTHERS KLAUS
AND MORITZ DISSERTORI
ARE CREATING THE
NEIGHBORHOOD THEY
WANT TO LIVE IN.

As hoteliers and creative developers of new experiences, the Dissertori brothers are opening this neighborhood to guests, inviting them to become part of a world of untouched nature, culinary delights, and meaningful connections. It's about creating lasting experiences and fostering encounters with yourself and others. It is the simple things that make life worth living and enriching.

EDITOR'S LETTER

WELCOME TO OUR NEIGHBORHOOD

DE Schon als Kinder sind wir im Sommer über die Almen gewandert und im Winter haben wir die Hänge der umliegenden Berge mit unserem Schlitten oder auf Skiern erkundet. Zeit in der Natur war nichts Besonderes, es war selbstverständlich. Dieses Stück Land zwischen Alpen und Mittelmeer hat uns zutiefst geprägt und bildet die Grundlage für unsere Werte und unser Tun.

Das Privileg, in so einer wunderschönen Gegend zu leben, zu arbeiten und zu wirken, ist ein großes. Umso mehr sind wir bestrebt, das Schöne und Gute zu bewahren, ohne dabei auf neue Impulse zu verzichten. Deshalb gibt es auch in diesem Jahr wieder einige Neuerungen.

Im Mai haben wir im Parkhotel Mondschein in Bozen die erste Poolsaison eröffnet und können sagen: Es hat eine neue Dimension in den Park gebracht. Wir freuen uns auf viele weitere Sommer, in denen das Plätschern von Wasser mit Musik, Gesprächen und dem Klirren von Eiswürfeln in kühlenden Drinks eine entspannt-belebende Geräuschkulisse bilden.

Fix eingezogen in den Park ist der Monocle Kiosk. Die zahlreichen Veranstaltungen – von Gastköchen über DJ'n'Drinks bis hin zu Filmvorführungen, Weinverkostungen und Talks – verwischen die Grenzen zwi-

schen Gästen und Freunden, Reisenden und Stadtbewohnern.

Besonders freuen wir uns auf die Eröffnung des Grubern Guts, das malerisch im hinteren Ultental liegt. Ein unglaublicher Ort, der uns schon lange in seinen Bann zieht. Und bald können Sie sich selbst ein Bild davon machen.

Im 1477 Reichhalter kochen neben Andi auch Gastköche, während saisonale kulinarische Schwerpunkte Ihre Geschmacksknospen zum Tanzen bringen.

Die gemeinsame Betrachtung von Körper und Geist liegt unserem Tun ebenso zugrunde wie gemeinsames Wachstum – von der Auswahl der Nahrungsmittel-Lieferanten bis hin zur Selektion der Menschen, die bei uns arbeiten und unsere Retreats leiten. Unter dem Dach von „arise“ gibt es eine große Auswahl an Retreats in Bozen und Lana. Ob beim Tanz, beim Yoga oder während der Meditation: Das breite Angebot gibt genug Möglichkeit, sich wieder mit voller Aufmerksamkeit sich selbst zu widmen.

Während wir diese Zeilen schreiben, wird unser Restaurant Luna in Bozen fertiggestellt und wir freuen uns auf viele gemeinsame Essen und unvergessliche Abende.

WIR FREUEN UNS AUF EIN WIEDERSEHEN IN EINEM UNSERER HÄUSER.

IT *Già da bambini trascorrevamo le estati passeggiando sugli alpeggi e gli inverni esplorando i pendii delle montagne circostanti con la slitta o sugli sci. Trascorrere del tempo nella natura non era nulla di straordinario, era semplicemente naturale. Questo lembo di terra tra le Alpi e il Mediterraneo ci ha profondamente segnato ed è alla base dei nostri valori e di tutto ciò che facciamo.*

Il privilegio di vivere, lavorare e operare in una zona così splendida è immenso. Per questo ci impegniamo a preservare ciò che è bello e buono, senza rinunciare a nuove ispirazioni. E così, anche quest'anno ci sono alcune novità. A maggio abbiamo inaugurato la prima stagione della piscina del Parkhotel Mondschein a Bolzano, che ha dato una nuova dimensione al parco. Ci attendono tante altre estati in cui il gorgoglio dell'acqua si mescolerà alla musica, alle conversazioni e al tintinnio dei cubetti di ghiaccio nei drink rinfrescanti, creando un'atmosfera rilassante e vivace.

Il Monocle Kiosk è diventato una presenza fissa nel parco. Numerosi eventi, che spaziano da chef ospiti, DJ'n'Drinks, proiezioni di film, degustazioni di vini e talk, sfumano i confini tra ospiti e amici, viaggiatori e abitanti della città.

Siamo particolarmente entusiasti dell'apertura del Grubern Gut, situato in una posizione pittoresca nell'alta Val d'Ultimo. Un luogo straordinario che ci affascina da tempo e che presto potrete scoprire anche voi.

Al 1477 Reichhalter, accanto ad Andi, cucinano anche chef ospiti, mentre le proposte culinarie di stagione faranno danzare le vostre papille gustative. La nostra filosofia si basa sull'armonia tra corpo e mente, nonché sulla crescita condivisa: dalla scelta dei fornitori di generi alimentari fino alla selezione delle persone che lavorano con noi e gestiscono i nostri retreat. Sotto l'egida di "arise", offriamo una vasta gamma di retreat a Bolzano e Lana. Che si tratti di danza, yoga o meditazione, l'ampia offerta permette di dedicare del tempo di qualità a sé stessi.

Mentre scriviamo queste righe, il nostro ristorante Luna a Bolzano sta per essere completato, e non vediamo l'ora di condividere con voi tante cene e serate indimenticabili.

NON VEDIAMO L'ORA DI RIVEDERVI IN UNA DELLE NOSTRE STRUTTURE.

EN As children, we spent our summers hiking through the alpine pastures and our winters exploring the slopes of the surrounding mountains on sleds or skis. Spending time in nature was nothing special; it was simply a given. This piece of land between the Alps and the Mediterranean has deeply shaped us and forms the foundation of our values and actions.

The privilege of living, working, and thriving in such a beautiful area is immense. This drives us to preserve the beauty and goodness around us, while still embracing new ideas. This year, we are excited to introduce several updates: in May, we opened the first pool season at Parkhotel Mondschein in Bolzano, and we can confidently say it has brought a new dimension to the park. We look forward to many more summers where the sound of splashing water blends with music, conversations, and the clinking of ice cubes in refreshing drinks, creating a relaxing yet lively atmosphere.

The Monocle Kiosk has become a permanent feature in the park. With various events—ranging from guest chefs, DJ'n'Drinks, film screenings, wine tastings, and talks—the lines are blurred between guests and friends, travelers and locals.

We are particularly excited about the opening of Grubern Gut, a picturesque spot located in the upper Ultental. It's an incredible place that has captivated us for a long time, and soon you will be able to experience it for yourself.

At 1477 Reichhalter, alongside Andi, guest chefs take the stage, while seasonal culinary highlights will make your taste buds dance. Our approach is grounded in the holistic connection between body and mind, as well as shared growth—from selecting food suppliers to choosing the people who work with us and lead our retreats.

Under the umbrella of 'arise,' we offer a wide range of retreats in Bolzano and Lana. Whether through dance, yoga, or meditation, the extensive offerings provide plenty of opportunities to reconnect with yourself.

As we write these lines, our Luna restaurant in Bolzano is nearing completion, and we look forward to many shared meals and unforgettable evenings together.

WE LOOK FORWARD TO SEEING YOU AGAIN AT ONE OF OUR LOCATIONS.


KLAUS & MORITZ DISSERTORI

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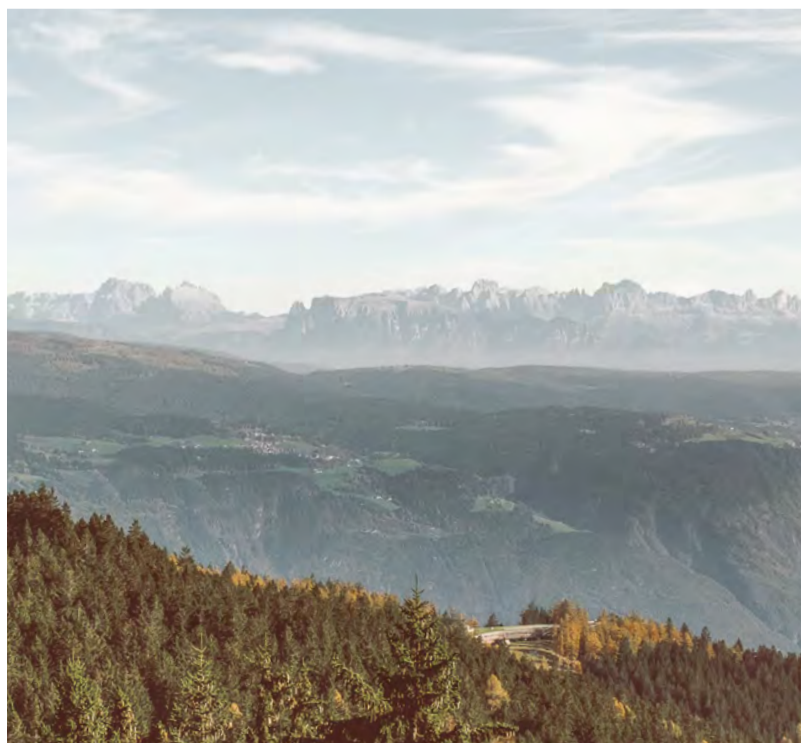
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A PASSION THING

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GRUBERN GUT COMING 2025

DE Ganz hinten im Ultental, auf 1.500 m Seehöhe, scheint die Zeit stillzustehen. Der perfekte Ort für Rückzug, Ruhe und unberührte Natur. Raus aus dem Trubel des Alltags, rein in die Erholung.

DAS GRUBERN GUT GIBT'S SEIT 1423.

Wir setzen die Arbeit der vielen Generationen vor uns unter neuen Vorzeichen fort. Willkommen im Grubern Gut.

Lauschen kann man dem Wind in den Bäumen, dem Rauschen des Bachs, den Kuhglocken oder den eigenen Gedanken. Die Luft ist so klar und frisch, die Natur so nah und direkt, dass sich ein neuer Blick auf das Sein eröffnet.

IT *In fondo alla Val d'Ultimo, a 1.500 metri di altitudine, il tempo sembra essersi fermato. Il luogo perfetto per il ritiro, la quiete e la natura incontaminata. Lontano dal trambusto della vita quotidiana, dentro il relax.*

IL GRUBERN GUT ESISTE DAL 1423.

Continuiamo il lavoro delle tante generazioni prima di noi, con una visione rinnovata. Vi diamo il benvenuto al Grubern Gut.

Si può ascoltare il vento tra gli alberi, il mormorio del ruscello, il suono dei campanacci o, semplicemente, i propri pensieri. L'aria è così limpida e fresca, la natura così vicina e diretta che si apre una nuova prospettiva sull'esistenza.

EN At the far end of the Ulten Valley, at an altitude of 1,500 meters, time seems to standstill. It's the perfect place for retreat, tranquility, and untouched nature. Escape the hustle and bustle of daily life and immerse yourself in relaxation.

GRUBERN GUT HAS BEEN AROUND SINCE 1423.

We continue the work of the many generations before us, under new perspectives. Welcome to Grubern Gut.

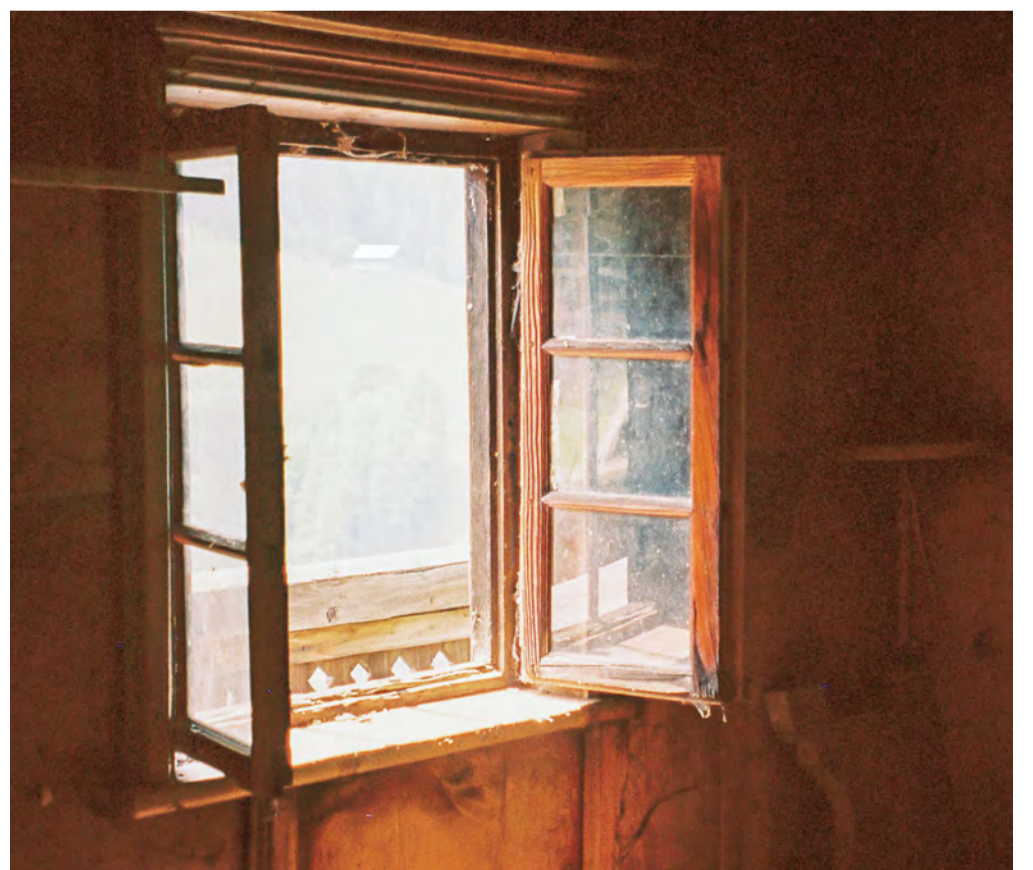
Listen to the wind in the trees, the murmuring of the stream, the sound of cowbells, or one's own thoughts. The air is so clear and fresh, the nature so close and immediate, that a new perspective on existence opens up.



DE 5 Ferienwohnungen mit Küche | 1 große Gemeinschaftsküche
70 m² Raum für Yoga, Meditation, Seminar | Gruppen bis zu 15 Personen
Selbst-, Teil- oder Komplettversorgung möglich

IT 5 appartamenti vacanza con cucina | 1 grande cucina comune
70 m² di spazio per yoga, meditazione, seminari | Gruppi fino a 15 persone
Possibilità di autogestione, mezza pensione o pensione completa

EN 5 holiday apartments with kitchen | 1 large communal kitchen
70 m² space for yoga, meditation, seminars | Groups up to 15 people
Self-catering, partial or full catering options available



POOL OPENING

POOL SEASON
2025 STARTS
MARCH 1ST





DE Im Mai war es endlich so weit: Wir konnten den neuen Pool im Park des Parkhotels Mondschein in Bozen eröffnen. Der Sommer war ein anderer, so wie keiner zuvor. Die Geräuschkulisse eine deutlich buntere. Die Szenerie bot ein erfreuliches Kommen und Gehen, ein Verweilen und Den-Moment-Genießen. Poolside Drinks & Food aus der Luna Bar und inspirierende Lektüre aus dem Monocle Kiosk ließen kurze Ausflüge zum Pool zu Stunden der Entspannung und Inspiration werden. Gespräche wurden am Pool begonnen und an der Bar fortgesetzt. Bücher wurden gelesen und Träume auf den Sonnenliegen geträumt.

Gemeinsam mit Christina Biasi-von Berg und ihrem Team haben wir die Vision dieser Oase umgesetzt. Und wir freuen uns auf viele weitere Sommer bei uns im Park.

IT *A maggio è finalmente arrivato il momento: abbiamo potuto inaugurare la nuova piscina nel parco del Parkhotel Mondschein a Bolzano. È stata un'estate nuova, diversa da tutte le altre. Il paesaggio sonoro si è arricchito di nuovi colori e ha fatto da cornice a un piacevole viavai di persone, un soffermarsi e godersi il momento. Drink e spuntini a bordo piscina dal Luna Bar e letture stimolanti dal chiosco Monocle hanno trasformato brevi passaggi in piscina in ore di relax e ispirazione. Le conversazioni iniziate a bordo piscina sono proseguite al bar. Tante le pagine lette nei libri e le avventure vissute nei sogni sui lettini.*

Insieme a Christina Biasi-von Berg e al suo team abbiamo trasformato in realtà la visione di questa oasi e non vediamo l'ora di trascorrere tante altre estati nel nostro parco.

EN In May, it finally happened: we were able to open the new pool in the park of the Parkhotel Mondschein in Bolzano. That summer was unlike any before. The soundscape became much more colorful. The scene offered a delightful flow of people coming and going, pausing, and enjoying the moment. Poolside drinks and food from the Luna Bar, along with inspiring reads from the Monocle Kiosk, turned brief trips to the pool into hours of relaxation and inspiration. Conversations started by the pool were continued at the bar. Books were read, and dreams were dreamt on the sun loungers.

Together with Christina Biasi-von Berg and her team, we were able to bring this vision of an oasis to life. And we look forward to many more summers in our park.

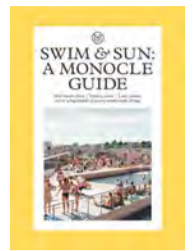


POOLSIDE TREATS

What to bring for a day at the pool? We have put together a little collection of things that make great company.

WHAT TO READ

Swim & Sun: A Monocle Guide



The perfect book to dive into. Available just a few steps away from the poolside at the Monocle kiosk in our park. Hot beach clubs, perfect pools, and lake havens. Here you can dive deep into the ease of waterfronts and the big splash of après-swim living.

EUR 40,00

WHAT TO WEAR

Cap "Villa Arnica"



Your perfect companion for a day at the pool, celebrating the villa's vintage charm.

EUR 65,00
AVAILABLE IN OUR ONLINE SHOP
VILLAARNICA.IT/SHOP

WHAT TO DRINK

Sbagliato



At Luna Bar drinks are served daily from 7 am till midnight. We love a refreshing Sbagliato. The perfect balance of Campari, Vermouth and Prosecco.

HOW TO CARRY YOUR THINGS? WITH STYLE!

Zilla Canvas Backpack



EUR 492,00
AVAILABLE AT THE
PARKHOTEL MONDSCHN SHOP



BREAKFAST 07⁰⁰ - 10³⁰
 LUNCH 12⁰⁰ - 14⁰⁰
 DINNER 18⁰⁰ - 21⁰⁰

DE

Fleisch- und Fischgerichte vom Grill

Slow Food aus frischen, lokalen Zutaten aus den hauseigenen Gärten und von Bio-Bauern

Italienische und regionale Gerichte, internationale Klassiker

Weinsortiment mit Schwerpunkt auf biodynamischen Naturweinen aus Südtirol

IT

Piatti di carne e pesce alla griglia

Slow food con ingredienti freschi e locali di nostra produzione e da fattorie biologiche

Piatti italiani e regionali, classici internazionali

Selezione di vini con un focus su vini naturali biodinamici dell'Alto Adige

EN

Meat and fish dishes from the grill

Slow food made with fresh, local ingredients from the in-house gardens and organic farms

Italian and regional dishes, international classics

Wine selection focused on biodynamic natural wines from South Tyrol

RESTAURANT
LUNA
 BOLZANO

INTERIOR DESIGN
 BIQUADRA





THE RESTAURANT IS ALSO AVAILABLE FOR PRIVATE OR BUSINESS EVENTS.

FEEL FREE TO WRITE TO US!
RESTAURANT@PARKHOTELMONDSCHN.COM

DE Das neu eröffnete Luna Restaurant rundet das Angebot im Parkhotel Mondschein ab. Ein Fest der guten italienischen Küche, gerne auch mit internationalen Gästen auf der Speisekarte – und im Lokal sowieso.

In elegant-klassischer Atmosphäre wird ausgiebig gefrühstückt, der Tag bei Kaffeeduft geplant und die Zeitung gelesen. Sobald sich die Frühstücksgäste aufmachen, um den Park, das Umland oder die alten Laubengassen Bozens zu erkunden, kommen auch schon die ersten Geschäftsleute, Einheimischen und Reisenden zum „Pranzo“. Die Gäste des Abends lassen ihren Besuch gerne auch in der Luna Bar ausklingen.

Erbaut um 1320 ist das Luna Restaurant eines der ältesten Wirtshäuser in Bozen. Unter der original erhaltenen Glasdecke wurde schon viel gespeist. Ruhig und abgelegen und doch mitten in Bozen ist es der perfekte Ort, um sich dem guten Essen, interessanten Gesprächen und dem illustren Treiben hinzugeben.

Ob auf der Terrasse mit Blick auf den Park oder im Lokal, irgendwo findet sich sicher ein Platz. Serviert wird dann à la carte, bien sûr.

IT Il nuovo ristorante Luna completa l'offerta del Parkhotel Mondschein. È una festa per la buona cucina italiana, arricchita di tanto in tanto da piatti internazionali nel menù e, naturalmente, ospiti da tutto il mondo nel locale.

In un'atmosfera classica ed elegante, gli ospiti si godono colazioni rilassate, pianificano la giornata con il profumo del caffè nell'aria e leggono il giornale.

Quando i clienti della colazione si avviano a esplorare il parco, i dintorni o gli antichi portici di Bolzano, arrivano i primi professionisti, gli avventori del posto e i viaggiatori per il pranzo. Gli ospiti della sera spesso concludono la loro visita con una sosta al Luna Bar.

Costruito intorno al 1320, il ristorante Luna è una delle locande più antiche di Bolzano. Sotto il soffitto di vetro originale, conservato intatto, sono stati consumati innumerevoli pasti. Tranquillo e appartato, ma comunque nel cuore di Bolzano, è il luogo perfetto per godersi buon cibo, conversazioni interessanti e un'atmosfera vivace.

Sulla terrazza con vista sul parco o all'interno del locale: un bel posto si trova sempre. I pasti vengono serviti à la carte, bien sûr.

EN The newly opened Luna Restaurant completes the offering at Parkhotel Mondschein. It's a celebration of fine Italian cuisine, with the occasional international guest featured on the menu and, of course, at the restaurant as well.

In an elegant, classic atmosphere, guests enjoy leisurely breakfast, plan their day over the aroma of fresh coffee, and read the morning paper.

As the breakfast guests head out to explore the park, the surrounding countryside, or Bolzano's historic arcades, the first business people, locals, and travelers arrive for 'pranzo.' Evening guests often end their visit with a stop at the Luna Bar.

Built around 1320, Luna Restaurant is one of the oldest taverns in Bolzano. Under the original preserved glass ceiling, countless meals have been enjoyed. Quiet and secluded, yet right in the heart of Bolzano, it is the perfect place to savor good food, engaging conversations, and a vibrant atmosphere.

Whether on the terrace overlooking the park or inside the restaurant, there's always a spot to be found. Meals are served à la carte, bien sûr.



SPOTLIGHT

4 NATURAL WINES FROM ALTO ADIGE

SOUTH TYROL'S NATURAL WINES OFFER A UNIQUE TASTE OF THE REGION, COMBINING CENTURIES-OLD WINEMAKING TRADITIONS WITH SUSTAINABLE, ORGANIC PRACTICES.

Souvignier Gris 'Abendrot'



THOMAS NIEDERMAYR

Sauvignon Fumé



WEINGUT ABRAHAM

Pinot Noir Weinberg Dolomiten



DANIEL SIGMUND

Voglia



RÖCKHOF



POP-UP ANDREAS HOFER STUBE

MOST FAVORITE JAPANESE SOUL FOOD

Ramen, a noodle dish that traveled from China to Japan and became a true soul food not only in the 'Land of the Rising Sun' but also worldwide, has finally arrived in South Tyrol.



Noodles

Ramen noodles come in different sizes and forms. Here they're cut by hand.



Soup

From seasonable fish-soup to curry variations. Let yourself be surprised.



Sides

The best regional ingredients meet Asian flavors. A dance for the tastebuds.



DE Im Herbst 2024 hat die denkmalgeschützte Stube als Ramen Pop-up ihre Türen geöffnet. Bei seinem Gastspiel hat Igor „Iggy“ Kuznetsov seine Gäste mit genussvollen Kreationen verführt. Seine international gesammelten Eindrücke lassen ihn die in Japan erlernte Kunst mit Südtiroler Qualitätsprodukten zu überraschenden Ramen-Kreationen vereinen.

Seine Herangehensweise ist geprägt davon, sinnvolle und faire Zutaten zu verwenden und eine Balance zwischen Regionalität, Individualität und Authentizität herzustellen.

IT Nell'autunno del 2024 la Stube, appena rinnovata e protetta come bene culturale, ha aperto le sue porte come ramen pop-up. Con la sua presenza Igor "Iggy" Kuznetsov ha deliziato i suoi ospiti preparando gustose creazioni. Grazie alle sue esperienze internazionali, unisce sapientemente l'arte del ramen, che ha appreso in Giappone, con prodotti di alta qualità dell'Alto Adige, creando sorprendenti piatti di ramen.

Il suo approccio è caratterizzato dall'utilizzo di ingredienti bilanciati e provenienti da una filiera etica, alla ricerca di un equilibrio tra regionalità, individualità e autenticità.

EN In autumn 2024, the heritage-listed Stube opened its doors as a ramen pop-up. During his guest appearance, Igor 'Iggy' Kuznetsov delighted diners with his flavorful creations. Drawing from his international experience, he skillfully combines the Japanese art of ramen, which he mastered in Japan, with high-quality South Tyrolean ingredients to create surprising ramen-inspired dishes.

His approach is defined by being highly selective when choosing fair ingredients, striking a balance between regional, individuality, and authenticity.



“ I wasn't raised as a chef. I didn't have the luck to be born into a farmer's or chef's family somewhere in Southern France. I grew up in the suburbs of Moscow and that in the 90s. ”

IGOR KUZNETSOV



Iggy's cuisine is shaped by his training at the Basque Culinary Center in Spain and in renowned Japanese kitchens such as Shinobu Namae's L'Effervescence and Thomas Frebel's INUA. His dishes bring together vibrant Asian flavors with Japanese, Korean, and Thai influences, while honoring European culinary traditions.

He believes that everyone has a natural appreciation for good food and an instinctive connection to carefully crafted flavors. Fresh, locally sourced ingredients and respect for nature are at the heart of his cooking philosophy. Iggy's culinary journey reflects his commitment to community and his belief in the joy and health that come from high-quality food. His career combines formal training with a deep passion for honest, instinctive cuisine.

For inquiries and collaborations reach out!

FOOD@IGGYCOOKS.COM
INSTAGRAM: @IGGYCOOKS

PARKHOTEL
MONDSCHEN
BOLZANO



THE MONOCLE KIOSK



DE Als sich Tyler Brûlé, Gründer von Monocle, in Südtirol verliebte, machte er es nicht nur zu einem temporären Zuhause, sondern eröffnete auch gleich einen Monocle Shop in Meran. Zuerst als Pop-up wurde es bald zur Institution, sich beim jährlichen Sommerfest und Weihnachtsumtrunk dort zu treffen. Ein wesentlicher Grund, warum aus dem Pop-up ein fixer Bestandteil des Meraner Einkaufsangebots wurde, ist Linda. Linda Egger ist die Seele des Meraner Shops, die jeden Gast mit gleicher Freude und Neugierde willkommen heißt. Man fühlt sich sofort wohl und darf in Ruhe schmökern.

Selbst, wenn wir jetzt einen Monocle Kiosk bei uns im Park des Parkhotels Mondschein haben, empfehlen wir trotzdem einen Ausflug in den Shop nach Obermais, wo man herzlich von der wunderbaren Linda empfangen wird.

Monocle bietet neben den eigenen Magazinen, wie Monocle und Konfekt, auch Bücher, andere Print-Titel und Design-Produkte wie Düfte, Taschen, Kerzen und Mode an.

IT Quando Tyler Brûlé, fondatore di Monocle, si innamorò dell'Alto Adige, non solo lo scelse come casa temporanea, ma aprì anche un Monocle Shop a Merano. Inizialmente pensato come

pop-up, divenne presto un'istituzione, un luogo dove ritrovarsi ogni anno per la festa estiva e il brindisi natalizio. Un motivo essenziale per cui il pop-up è diventato parte integrante dell'offerta commerciale di Merano è Linda. Linda Egger è l'anima del negozio di Merano, capace di accogliere sempre ogni ospite con gioia e curiosità. Ci si sente subito a proprio agio e liberi di curiosare in tranquillità. Quindi, anche se ora abbiamo un Monocle Kiosk nel parco del Parkhotel Mondschein, consigliamo comunque una visita al negozio di Obermais, dove sarete accolti calorosamente dalla meravigliosa Linda. Monocle, oltre alle proprie riviste come Monocle e Konfekt e ai libri, offre anche altre testate e prodotti di design come profumi, borse, candele e moda.



EN When Tyler Brûlé, founder of Monocle, fell in love with South Tyrol, he didn't just make it a temporary home. He also opened a Monocle Shop in Merano. Initially a pop-up, it soon became a local institution, a place to gather for the annual summer party and Christmas drinks. A key reason the pop-up became a permanent part of Merano's shopping scene is Linda. Linda Egger is the heart and soul of the Merano shop, welcoming every guest with warmth and curiosity. You instantly feel at ease and are free to browse at your own pace.

So, even though we now have a Monocle Kiosk in the park of Parkhotel Mondschein, we still recommend a visit to the shop in Obermais, where the wonderful Linda will greet you with open arms.

Monocle offers, alongside its own magazines like Monocle and Konfekt, books, other print titles, and design products such as fragrances, bags, candles, and fashion.



MONOCLE KIOSK
Parkhotel
Mondschein

WINTER KIOSK
29.11. – 05.01.
Fri & Sat, 16⁰⁰-22⁰⁰

SUMMER (GOOD WEATHER)
Daily, 11⁰⁰-19⁰⁰

MONOCLE SHOP
MERAN
Dantestrasse 25
39012 Meran

WHAT TO READ

Monocle Magazine



WHAT TO READ

Konfekt Magazine



WHAT TO SMELL

Candle One: Hinoki



THESE PRODUCTS AND MORE ARE
AVAILABLE AT THE MONOCLE KIOSK

PARKHOTEL
MONDSCHN
BOLZANO



DE Naomi ist ein qualifizierter Trainer für „Die Fünf Tibeter®“, Shiatsu-Praktiker und Experte für Klangtechniken mit tibetischen Klangschalen. Geboren und aufgewachsen in Japan, absolvierte er sein Studium der Musikpädagogik an der Musikhochschule in Tokio und spezialisierte sich auf verschiedene Massage- und Klangtechniken. Naomi begleitet Menschen mit seiner Ruhe und bringt sie im Kontakt mit dem Rhythmus in einen tiefen Zustand der Gelassenheit – sowohl in seinen Behandlungen als auch in seinen Unterrichtsstunden.

“ By combining movement, touch, and sound, I help my students and clients establish a deep connection with their body and soul. ”

NAOMI
INSTRUCTOR

IT Naomi è un istruttore qualificato di “I Cinque Tibetani®”, operatore shiatsu ed esperto di tecniche sonore con le campane tibetane. Nato e cresciuto in Giappone, ha conseguito la laurea in pedagogia musicale presso il Conservatorio di Tokyo, specializzandosi in varie tecniche di massaggio e sonore. Naomi accompagna le persone con la sua calma e, attraverso il contatto con il ritmo, le porta a uno stato profondo di serenità, sia nei suoi trattamenti che nelle sue lezioni.

EN Naomi is a qualified instructor of ‘The Five Tibetans®,’ a Shiatsu practitioner, and an expert in sound techniques with Tibetan singing bowls. Born and raised in Japan, he completed his studies in music education at the Tokyo Conservatory, specializing in various massage and sound techniques. Naomi guides people with his calm demeanor, bringing them into a deep state of tranquility through the connection with rhythm—both in his treatments and in his classes.

5 FACES

WHO DRIVE OUR VISION

CRUNCHING THE NUMBERS:

Here’s what our team served up last year.

5.480

CAPPUCCINI

That’s enough to fill six bathtubs. At the same time, our team also served an average of more than a dozen espressi per day.

3.597

APEROL SPRITZ AND HAUSSPRITZ

One of the classic spritzes—Aperol—and our own spritz creation are among the most popular drinks.

1.172

HOMEMADE LEMONADES

If you place all the served lemonade glasses side by side, they would almost cover the length of a football field.

DE Lerne Sandra kennen, die Schönheit und Wohlbefinden vereint. Von entspannenden Gesichtsbehandlungen bis hin zu verwöhnenden Massagen bietet Sandra wohltuende Behandlungen, die dich erfrischt und strahlend zurücklassen. Entspannen, erstrahlen, wiederholen.

IT *Incontra Sandra, che unisce bellezza e benessere. Dai trattamenti viso rilassanti ai massaggi rigeneranti, Sandra offre cure benefiche che donano freschezza e splendore. Rilassati, risplendi, ripeti.*

EN Meet Sandra, who combines beauty and wellbeing. From relaxing facials to soothing massages, Sandra offers rejuvenating treatments that leave you refreshed and glowing. Relax, radiate, repeat.

“ It brings me joy to offer people a little break from everyday life through my work and to create an atmosphere of calm and well-being with each treatment. ”

SANDRA
BEAUTICIAN





“ I am always looking for new challenges. No day here is like the other, and that’s what makes my job so exciting. ”

JULIAN
F&B COORDINATOR



“ The positive atmosphere in our team makes me look forward to coming to work every day. ”

CHRISTIAN
BAR MANAGER

DE Christian, unser Bar-Maestro, rockt seit über 30 Jahren die Hotelszene. Drinks mixen ist seine Kunst, die Berge sind sein Spielplatz und Weine sind seine Leidenschaft.

IT *Incontra Christian, il maestro del bar sulla scena alberghiera da oltre 30 anni. Preparare cocktail è la sua arte, le montagne sono il suo parco giochi e i vini la sua passione.*

EN Meet Christian, the bar maestro who’s been rocking the hotel scene for more than 30 years. Mixing drinks is his art, mountains are his playground, and wines are his passion.

DE Julian hat eine Leidenschaft für Gastfreundschaft und immer ein Lächeln auf den Lippen. Er ist seit einem Jahr im Mondschein-Team und nicht mehr wegzudenken. Er koordiniert den Bereich Food and Beverage, hat zusammen mit Igor die Ramen-Bar eröffnet, und auch das neue Restaurant wird zu seinen Aufgaben gehören.

IT *Julian ha una passione per l’ospitalità e sempre il sorriso sulle labbra. Fa parte del team Mondschein da un anno ed è diventato ormai indispensabile. Coordina il settore food and beverage, ha aperto insieme a Igor il ramen bar e si occuperà anche del nuovo ristorante.*

EN Julian has a passion for hospitality always accompanied by a smile. He has been part of the Mondschein team for a year and is now indispensable. He coordinates the food and beverage department, co-opened the ramen bar with Igor, and the new restaurant will also be part of his responsibilities.



“ To me cooking is like art on a plate—I can be creative and constantly try new things. But it’s only within a team that an idea turns into a dish that truly captivates people. ”

ANDI
COOK

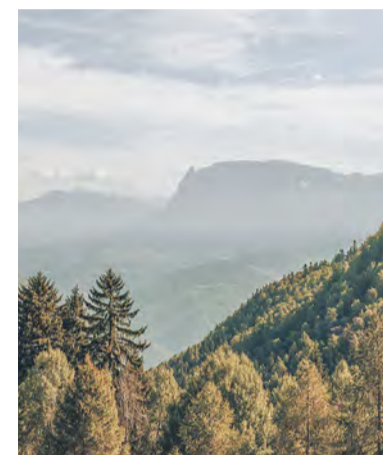
DE Andi hat seinen Abschluss am Kunstgymnasium in Bozen gemacht. Schon als kleines Kind hat ihn das Kochen fasziniert und somit hat er sich entschieden, nach seinem Abitur am Kunstgymnasium die Kochschule zu absolvieren und ist seitdem als Lehrling im Reichhalter tätig. Sein kreativer Kopf, der mit neuen Ideen immer wieder überrascht, und seine herzliche Art sind eine große Bereicherung für das gesamte Reichhalter Team.

IT *Andi ha completato gli studi presso il liceo artistico di Bolzano. Fin da bambino è sempre stato affascinato dalla cucina, tanto che dopo il diploma di maturità artistica, ha deciso di frequentare la scuola di cucina e da allora lavora come apprendista al Reichhalter. La sua mente creativa, che sorprende sempre con nuove idee, e il suo carattere cordiale sono una grande risorsa per tutto il team del Reichhalter.*

EN Andi graduated from the art high school in Bolzano. Even as a small child, cooking had always fascinated him, so after completing his high school diploma, he decided to attend culinary school. Since then, he has been an apprentice at Reichhalter. His creative mind, surprising new ideas, and his warm personality make him a tremendous asset to the entire Reichhalter team.

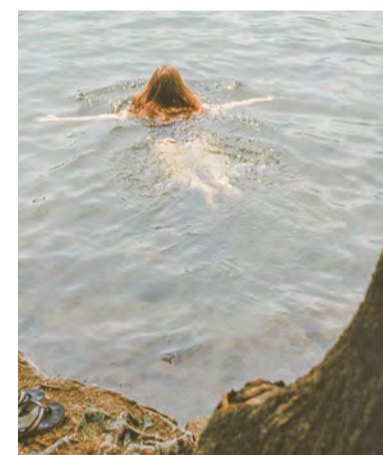
OUR EMPLOYEES KNOW BEST WHAT TO DO IN OUR REGION.

Here are some heartfelt recommendations on what you shouldn’t miss out on.



EXPLORING THE MOUNTAINS

For the views, the fresh air, the experience, it’s always worth walking up a mountain. The best mountain to start with is the Vigiljoch, which you can reach by cable car from Lana.



SWIM IN THE LAKE

Whether you visit the Kalterer Lake or the Montiggler Lake, both are beautiful for letting your body float.



TASTE SOME WINE

South Tyrol has exquisite wine. And we have plenty of recommendations for wineries to visit.

COOKING WITH FRIENDS

Niko Pizzimenti is doing a revival of Mare e Monti.



DE Am 4. Februar laden wir zu einem Revival von Mare e Monti mit Niko Pizzimenti. Er bringt seine typischen, vom Meer geprägten, Gerichte aus den Marken mit und kredenzt diese gemeinsam mit den Reichhalter Klassikern.

IT Il 4 febbraio vi invitiamo a una serata Revival di Mare e Monti con Niko Pizzimenti. Porterà i suoi piatti tipici delle Marche, ispirati al mare, e li servirà insieme ai classici della cucina del Reichhalter.

EN On February 4th, we invite you to a revival of Mare e Monti with Niko Pizzimenti. He will bring his signature sea-inspired dishes from the Marche region and serve them alongside Reichhalter classics.





Othmar Raich
and Daniel Werth
from the Miil
Restaurant cook
on Carnival
Thursday.



DE Der Faschingsdonnerstag wird ein schönes Wiedersehen mit alten Freunden: Daniel Werth und Othmar Raich vom Restaurant Miil. Köstlichkeiten aus dem Repertoire beider Restaurants begleitet von wunderbaren Weinen.

IT Per il giovedì di Carnevale è in programma un bell'incontro con vecchi amici: Daniel Werth e Othmar Raich del ristorante Miil che proporranno delizie tratte dal repertorio di entrambi i ristoranti, accompagnate da vini prelibati.

EN Carnival Thursday will be a lovely reunion with old friends: Daniel Werth and Othmar Raich from the Restaurant Miil. Enjoy delicacies from the repertoire of both restaurants, accompanied by wonderful wines.



WE CELEBRATE NATURE'S GIFTS EVERY YEAR

WITH FOCUS ON
TRADITION



OCTOBER

REICHHALTER GOES WILD

DE Im Alpenraum seit jeher tief verankert ist der Genuss von Wildfleisch. Wir erhalten unseres von den Jägern der Region, die nachhaltig wirtschaften, die natürlichen Lebensräume respektieren und so zur Erhaltung des ökologischen Gleichgewichts beitragen. Das Fleisch der Tiere, die sich in der klaren Alpenluft bewegen, reines Bergwasser trinken und das fressen, was sie finden, hat einen besonderen Geschmack. Es ist frei von allem, was von Menschenhand beigemischt wird. Deshalb wird Wild auch von vielen als wahrer Luxus bezeichnet. Genauso wie Fische aus Wildfang. Unsere Wildgerichte spiegeln auf jedem Teller den Geschmack der Alpen wider.

IT *In tutto l'arco alpino, il consumo di carne di selvaggina è da sempre profondamente radicato. La nostra proviene dai cacciatori della regione, che operano in modo sostenibile, rispettando gli habitat naturali e contribuendo così al mantenimento*

dell'equilibrio ecologico. Gli animali si muovono nell'aria pura delle Alpi, si abbeverano alle fonti cristalline di montagna e si nutrono di ciò che trovano. Questa carne ha un sapore unico e non ha additivi. Per questo motivo, la selvaggina è considerata da molti un vero lusso. Proprio come i pesci pescati in natura. Le nostre specialità a base di selvaggina riflettono su ogni piatto il gusto autentico delle Alpi.

EN In the Alpine region, the enjoyment of game meat has long been deeply rooted. We source ours from local hunters who operate sustainably, respect natural habitats, and contribute to preserving the ecological balance. The meat, sourced from animals that roam in the crisp Alpine air, drink pure mountain water, and eat what they find in nature, has a unique flavor. It is free from anything artificially added by humans. This is why game meat is often considered a true luxury, much like wild-caught fish. Our game dishes reflect the authentic taste of the Alps on every plate.



OCTOBER

ALL ABOUT FISH

DE Bei diesem besonderen 4-Gänge-Menü dreht sich alles um die Schätze des Meeres. Fische in Sashimi-Qualität, Austern und Garnelen. Bestimmt wird dieses Menü immer von der Qualität des Angebotes, da wir nur das Beste verarbeiten und servieren.

IT *In questo menù speciale di 4 portate tutto ruota attorno ai tesori del mare: pesce di qualità sashimi, ostriche e gamberi. Il menù è sempre determinato dalla qualità dell'offerta, poiché utilizziamo e serviamo solo il meglio.*

EN This special 4-course menu is all about the treasures of the sea: Fish in sashimi quality, oysters, and shrimp. The menu is always defined by the quality of the selection, as we only prepare and serve the very best.



NOVEMBER

MARTINI GOOSE

DE Eine Tradition, die in Bayern und Österreich hochgehalten wird und der wir uns gerne anschließen. Das alljährliche Martinigansl-Essen ist ein guter Anlass, mit Freunden oder der Familie essen zu gehen. Bei uns wird die Gans mit knuspriger Haut, aromatischem Rotkraut und Schupfnudeln serviert.

UNBEDINGT RESERVIEREN!

IT *Una tradizione ancora viva in Baviera e Austria, a cui ci uniamo volentieri: la cena annuale del Martinigansl è un'ottima occasione per una serata con amici o familiari. Da noi, l'oca viene servita con pelle croccante, crauti rossi aromatici e gnocchi di patate.*

ASSICURATI DI PRENOTARE!

EN A tradition that is highly cherished in Bavaria and Austria, and one that we are happy to embrace. The annual 'Martinigansl' feast is a wonderful occasion to dine out with friends or family. Here, we serve goose with crispy skin, flavorful red cabbage, and Schupfnudeln (potato dumplings).

BE SURE TO MAKE A RESERVATION!



ARTISTS IN RESIDENCE



MONJAGENTSCHOW.COM

DE Monja Gentschow hat uns in der Villa Arnica besucht und viele schöne Bilder hinterlassen. Von sich selbst sagt sie so passend: „Ich male gern.“

Das macht sie für große Unternehmen ebenso wie für Zeitungen. Für uns hat sie Momente, Ecken und Besonderheiten in ihrem Stil eingefangen. Jeder, der selbst schon mal in der Villa Arnica war, weiß, dass es sich anfühlt, als wäre man im Ferienhaus von Freunden. Alles wirkt nah und vertraut, selbst wenn man gerade erst ange-reist ist. Die anderen trifft man spätestens am Pool oder im Garten.

Möglich, dass der Gärtner da ist, denn es gibt viel zu tun. Sowohl in den Beeten des Arnica Ackers als auch im Garten, der so viel Platz bietet. Platz, zum in der Wiese liegen, zum Boccia spielen oder um sich die Blumen einfach mal genauer anzusehen.

IT *Monja Gentschow è stata nostra ospite alla Villa Arnica e ci ha lasciato molte belle immagini. Si descrive perfettamente con queste parole: “Mi piace dipingere.”*

Lo fa per grandi aziende così come per giornali. Per noi ha catturato momenti, angoli e particolarità nel suo stile unico. Chiunque sia già stato alla Villa Arnica sa che qui ci si sente come nella casa di vacanza di amici: tutto sembra vicino e familiare, anche se sei appena arrivato. Gli altri ospiti li incontri sicuramente al più tardi in piscina o in giardino.

È anche possibile incontrare il giardiniere perché c'è molto da fare, sia nell'orto Arnica Acker adiacente che nel giardino, che offre così tanto spazio. Spazio per sdraiarsi sul prato, giocare a bocce o semplicemente ammirare più da vicino i fiori.

EN Monja Gentschow visited us at Villa Arnica and left behind many beautiful paintings. She aptly says about herself, “I like to paint.”

She does this for large companies as well as newspapers. For us, she captured moments, corners, and unique details in her own style. Anyone who has ever been to Villa Arnica knows that it feels like staying at a friend's vacation house. Everything feels close and familiar, even if you've just arrived. You'll most likely meet the others by the pool or in the garden.

The gardener might be there too, as there's always plenty to do. The vegetable garden, Arnica Acker, and the regular garden offer so much space in which to lie on the grass, play bocce, or take a closer look at the flowers.





DE Tyra und Lucas Morten aus Schweden waren im Hotel Schwarzschild zu Gast, um eine ihrer mehrdimensionalen Skulpturen zu schaffen. Ihre Kunstwerke, die in internationalen Galerien vertreten sind, fangen die Zerbrechlichkeit des Lebens und seine Emotionen ein. Ihre Arbeiten lassen die Grenzen von Kunst und Design verschwimmen und sind für ihre Tiefe und Einzigartigkeit bekannt.

IT Tyra e Lucas Morten dalla Svezia sono stati ospiti dell'Hotel Schwarzschild per creare una delle loro sculture multidimensionali. Le loro opere d'arte, esposte in gallerie internazionali, catturano la fragilità della vita e le sue emozioni. Conosciuti per la loro profondità e unicità, i loro lavori sfumano i confini tra arte e design.

EN Tyra and Lucas Morten from Sweden visited Hotel Schwarzschild to create one of their multidimensional sculptures. Their artworks, exhibited in international galleries, capture the fragility of life and its emotions. Known for their depth and uniqueness, their pieces blur the lines between art and design.



LUCASTYRAMORTEN.COM

“ We explore the fragility that comes with everything that is transitory. ”

LOOKING FOR NEW ARTISTS

We always welcome applications for our Artist-in-Residence programs. Please feel free to apply with a portfolio. We regularly review submissions and will get in touch if needed.
info@schwarzschild.com



VILLA ARNICA FOOD EVENTS



DE Pappagorgia ist eine Veranstaltungsreihe des Modetags „A Kind of Guise“, die gute Laune und großartige Menschen aus ganz Europa zusammenbringt. Bei leckerem Essen, Getränken und Musik kommen Gleichgesinnte zusammen und erleben einen unvergesslichen Abend. Das Wochenende startet am Freitag mit einem pflanzenbasierten Abendessen inmitten der Weinreben, bei dem jeder Feinschmecker auf seine Kosten kommt. Am Samstag steht zunächst eine Führung und Verkostung in einem lokalen Weingut auf dem Programm. Am Abend beginnt die Feier mit einem Cocktail am Pool, gefolgt von einem Barbecue im Garten der Villa. Live-Musik sorgt für die passende Stimmung und lädt zum Tanzen ein.

PAPPAGORGIA

Edition 09/24



BE SURE TO MAKE YOUR RESERVATION FOR 2025!

IT Pappagorgia è una serie di eventi organizzata dal marchio di moda "A Kind of Guise", che riunisce buona energia e persone fantastiche da tutta Europa. All'insegna del buon cibo, bevande e musica, spiriti affini si ritrovano per vivere una serata indimenticabile. Il weekend inizia venerdì con una cena a base vegetale tra i vigneti, un'esperienza culinaria per ogni buongustaio. Sabato comincia con una visita e una degustazione in una cantina locale. La sera, la festa inizia con un cocktail a bordo piscina, seguito da un barbecue nel giardino della villa. La musica dal vivo crea l'atmosfera perfetta, invitando tutti a ballare tutta la notte.

EN Pappagorgia is an event series hosted by the fashion label 'A Kind of Guise,' bringing together great vibes and amazing people from across Europe. Guests enjoy delicious food, drinks, and music, coming together for an unforgettable evening. The weekend kicks off on Friday with a plant-based dinner amidst the vineyards, a true treat for every food lover. Saturday begins with a tour and tasting at a local winery. In the evening, the celebration starts with cocktails by the pool, followed by a barbecue in the villa's garden. Live music sets the perfect atmosphere, encouraging everyone to dance the night away.



SHARING PLATES & OBJECTS

DE In der stillen Eleganz der Villa Arnica spinnen sich Geschichten über den kunstvoll gedeckten Tisch, werden Teller geteilt und Bäuche gefüllt, während die letzten Sonnenstrahlen der Abenddämmerung Platz machen. Obst und Gemüse wandern aus dem angrenzenden Arnica Acker durch unsere Küche direkt auf den Teller. Inspirierende Unterhaltungen begleiten kulinarische Köstlichkeiten vor der Kulisse der umliegenden Weinberge.

Gemeinsam mit „tables and food“ erschaffen wir künstlerische Dining Experiences, bei denen die Grenzen zwischen Kunst und Cuisine verschwimmen. Tischgedecke verwandeln sich in lebendige Skulpturen und die elegant gedeckte Tavolata wird zu einem Ort der Gemeinschaft und des Staunens.

Das Wochenende fließt von Cocktailmomenten zu Abendessen im Kerzenschein und jedes Detail flüstert von Kunst und Gemeinschaft. Ein Fest der Kreativität und der Freude am Geteilten.



IT Nella silenziosa eleganza della Villa Arnica, si intrecciano storie attorno a una tavola artisticamente apparecchiata, dove i piatti vengono condivisi e le pance si riempiono mentre gli ultimi raggi di sole fanno spazio alle luci del crepuscolo.

La frutta e la verdura dal vicino "Arnica Acker" arrivano direttamente sui piatti passando per la nostra cucina. Conversazioni stimolanti accompagnano le delizie culinarie sullo sfondo delle vigne circostanti.

Insieme a "tables and food", creiamo esperienze di dining artistiche che sfumano i confini tra arte e cucina. Le mis en place si trasformano in vivaci sculture e la tavolata apparecchiata con eleganza diventa un luogo di comunità e meraviglia.

Il fine settimana scorre da momenti cocktail a cene a lume di candela, e ogni dettaglio sussurra di arte e convivialità—una celebrazione della creatività e della gioia del condividere.

EN In the quiet elegance of Villa Arnica, stories unfold around the artfully set table, where plates are shared and bellies filled as the last rays of evening twilight make their exit.

Fruit and vegetables travel from the adjacent 'Arnica Acker' through our kitchen directly to the plates. Inspiring conversations accompany culinary delights against the backdrop of the surrounding vineyards.

Together with 'tables and food,' we create artistic dining experiences that blur the boundaries between art and cuisine. Table settings transform into vibrant sculptures, and the elegantly set Tavolata becomes a place of community and wonder.

The weekend flows from cocktail moments to candlelit dinners, and every detail whispers of art and togetherness—a celebration of creativity and the joy of sharing.



BOOK THE VILLA EXCLUSIVELY

Bookable events for a unique experience centered around a brand or a beautiful family memory. A dining experience featuring table settings by the artists from 'tables and food.'

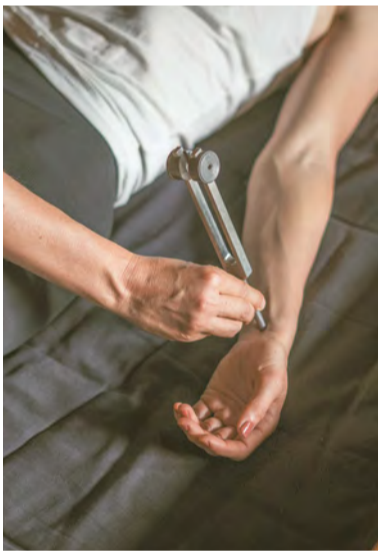
WE LOOK FORWARD TO YOUR INQUIRY AT

INFO@VILLAARNICA.COM



NEW AT HOTEL SCHWARZSCHMIED

SONORIUM, DANCE, AND TIBETAN PRACTICES



Sound healing, also known as 'sound medicine,' uses vibrations and frequencies for healing, as everything in the universe, including our bodies, is made up of sound.



DIGITAL SOUND TREATMENTS, ACOUSTIC TREATMENTS AND SOUNDBATH (GROUP) OFFERS.

SONORIUM

DE Durch Klangtherapie werden Gehirnwellen in einen meditativen Zustand versetzt, der Heilprozesse, emotionale Befreiung und energetisches Gleichgewicht fördert. Die Methode kann den Schlaf verbessern, mentale Klarheit steigern und physische Spannungen lösen. Außerdem vertieft sie das Bewusstsein für innere Bedürfnisse und unterstützt das Gefühl der Verbundenheit mit einem größeren Ganzen.

IT *Attraverso la terapia del suono le onde cerebrali vengono portate in uno stato meditativo che favorisce i processi di guarigione, il rilascio emotivo e l'equilibrio energetico. Questo metodo può migliorare il sonno, aumentare la chiarezza mentale e alleviare le tensioni fisiche. Inoltre, approfondisce la consapevolezza dei bisogni interiori e supporta il senso di connessione con un tutto più grande.*

EN Through sound therapy, brainwaves are brought into a meditative state that promotes healing processes, emotional release, and energetic balance. This method can improve sleep, enhance mental clarity, and relieve physical tension. Additionally, it deepens awareness of inner needs and supports the feeling of connection to a greater whole.



DANCE YOUR INNER WAVE



DE Jede Woche laden wir zum Tanz. Hier findet jeder Teilnehmer in acht-samen Bewegungen zum Rhythmus seines Körpers. Erst wenn man teilnimmt, merkt man, wie lange man sich nicht mehr so frei bewegt hat und wie gut es einem tut. Jeden Donnerstag mit Anmeldung. Geführt von Stefanie Dariz.

IT Ogni settimana vi invitiamo a ballare. Qui ogni partecipante trova il suo ritmo attraverso movimenti consapevoli. Solo partecipando ci si rende conto di quanto tempo sia passato da quando ci si è mossi così liberamente e di quanto faccia bene. Ogni giovedì, con prenotazione. Guidato da Stefanie Dariz.

EN Every week, we invite you to dance. Here, each participant finds their rhythm through mindful movements. Only by participating do you realize how long it has been since you moved so freely and how good it feels. Every Thursday, with registration. Led by Stefanie Dariz.

DE Die „Fünf Tibeter“ sind eine Abfolge von fünf Yoga-Übungen, die Körper und Geist stärken sowie Energie und Vitalität fördern sollen. Die Übungen aktivieren die sieben Chakren und bringen den Energiefluss im Körper ins Gleichgewicht. Sie steigern Beweglichkeit, Ausdauer und inneres Wohlbefinden. Einmal pro Woche im Hotel Schwarzschild.

TIBETANS

IT I “5 Tibetani” sono una sequenza di cinque esercizi di yoga che mirano a rinforzare corpo e mente, oltre a promuovere energia e vitalità. Gli esercizi attivano i sette chakra e riequilibrano il flusso energetico nel corpo. Aumentano l'agilità, la resistenza e il benessere interiore. Una volta alla settimana presso l'Hotel Schwarzschild.

EN The ‘5 Tibetans’ are a sequence of five yoga exercises designed to strengthen the body and mind while promoting energy and vitality. These exercises activate the seven chakras and balance the energy flow within the body. They enhance flexibility, endurance, and inner well-being. Offered once a week at Hotel Schwarzschild.



arise

MOVEMENT,
MIND, EMOTIONS,
AND NUTRITION



FOR
MANY
YEARS,
OUR
APPROACH

DE arise ist seit vielen Jahren unser Ansatz, in dem wir alle Themenfelder vereinen und bedienen, die wesentlich zu unserem Wohlergehen beitragen.

arise ist ein ganzheitlicher Ansatz für mehr Wohlbefinden. Unsere Angebote zum Umgang mit Bewegung, Gedanken, Emotionen und Ernährung sollen dazu beitragen, neue Dinge zu lernen, die man je nach Bedarf ins Leben einbauen kann, oder bestehendes Wissen zu vertiefen. Ziel ist die Steigerung der Lebensqualität, Freiheit und Selbstbestimmtheit.

Wir wissen, dass unsere Gedanken und Emotionen unser Wohlbefinden ebenso beeinflussen wie die Qualität unserer Bewegungen und der Nahrungsmittel, die wir aufnehmen. arise prägt das Angebot unserer Restaurants ebenso wie viele Möglichkeiten, sich gemeinsam mit anderen Teil-

nehmern zu bewegen. Von geführten Wanderungen, Rennrad-Angeboten, Yoga bis hin zu Meditation und Tanz. Wir freuen uns, in den letzten zehn Jahren wertvolle Wegbegleiter gefunden zu haben, die ihre Lebenspraxis und ihr Wissen mit unseren Gästen teilen.

Der Raum, in dem etwas Neues, ein neues Ich entstehen kann. Ein Ort, der dir die nötigen Impulse, Sicherheit und Tools für den nächsten Schritt in deiner Praxis gibt.

arise hilft dir, über dich selbst hinauszuwachsen, dich weiterzuentwickeln und in eine neue (Selbst-)Wahrnehmung zu kommen.



All offerings from arise aim to make your life more meaningful. They are designed to help you deepen and enrich your practices in life.

IT arise è da molti anni il nostro approccio, in cui uniamo e trattiamo tutte quelle aree che sono fondamentali per il nostro benessere.

arise è un approccio olistico per migliorare il benessere. Il nostro programma, incentrato su movimento, pensieri, emozioni e nutrizione, mira a farti apprendere nuove pratiche da integrare nella vita quotidiana, a seconda delle necessità, o ad approfondire le conoscenze già esistenti. L'obiettivo è migliorare la qualità della vita, la libertà e l'autodeterminazione.

Sappiamo che i nostri pensieri ed emozioni influenzano il nostro benessere tanto quanto la qualità dei nostri movimenti e degli alimenti che consumiamo. arise influenza non solo le proposte dei nostri ristoranti, ma

anche le numerose opportunità di muoversi insieme ad altri partecipanti. Offriamo esperienze che vanno dalle escursioni guidate, al ciclismo su strada, allo yoga, fino alla meditazione e alla danza. Negli ultimi 10 anni siamo stati fortunati a trovare compagni preziosi che condividono le loro pratiche di vita e le loro conoscenze con i nostri ospiti.

Lo spazio in cui può nascere qualcosa di nuovo, un nuovo io. Un luogo che ti offre gli stimoli necessari, la sicurezza e gli strumenti per fare il prossimo passo. arise ti aiuta a crescere, svilupparti ulteriormente e acquisire una nuova consapevolezza (interiore).

EN arise has been our approach for many years, combining and addressing all areas that are essential to our well-being.

arise is a holistic approach to enhance well-being. Our programs focusing on movement, mind, emotions, and nutrition, are designed to help you learn new practices that you can incorporate into your life as needed, or to deepen your existing knowledge. The goal is to improve quality of life, freedom, and self-determination.

We know that our thoughts and emotions impact our well-being just as much as the quality of our movements and the food we consume. arise influences not only the offerings in our restaurants but also many opportunities for group activities. From

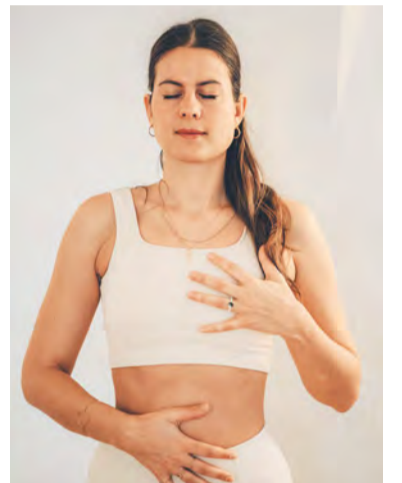
guided hikes, road cycling, and yoga, to meditation and dance, we provide a range of experiences. Over the past 10 years, we have been fortunate to find valuable companions who share their life practices and knowledge with our guests.

A space where a new self can emerge. A place that gives you the necessary impulses, security, and tools for the next step in your practice. arise helps you grow beyond yourself, develop further, and step into a new sense of (self-)awareness.



MOVEMENT

Our body is a musculoskeletal system. The more we move, the more flexible we get.



MIND

We spend so much time in our heads, so it's important to keep the mood light up there.



EMOTIONS

Our emotions guide our actions. The more aware we are of our feelings, the clearer we can act.



NUTRITION

Fueled with good energy and with our body in balance, we will feel good and have the strength for a fulfilling life.

**WE WANT TO
SEE YOU SHINE.**



PARKHOTEL MONDSCHLEIN

arise /2024

29/11 - 04/01
Winterkiosk

24/12
Xmas Dinner
at Luna Restaurant

31/12
New Years Dinner
at Luna Restaurant

31/12
Legendary New Year's Party
at Luna Bar

07/12
Thai Massage
Workshop

16/12
Lunar Gatherings:
Xmas Cacao Ceremony

arise /2025

22-25/05
Radiant Self Retreat
with Jesira

12-15/06
Days of Serenity:
Retreat with kindclub

16-19/10
Yoga Retreat
with Anaïs Telian

13/01
Clarity Breathwork
with Manuel Romen

13-16/02
Self-love Retreat
with The Pear

ROAD CYCLING WEEKS IN SPRING AND FALL

This week is for everyone who longs for movement, for open spaces and for flowing energy.

DATES TO BE ANNOUNCED

HERBAR X ARISE, CHINESE MEDICINE RETREAT IN SPRING

Experience deep relaxation and holistic wellness at the Herbar Chinese Medicine Retreat—restoring balance and vitality through ancient healing.

DATES TO BE ANNOUNCED



ALL
PARKHOTEL
MONDSCHLEIN
OFFERS

DJ'N'DRINKS

Food, drinks, and good vibes at our Luna Bar. Curated by Arno Parmeggiani.

EVERY FRIDAY, 18:30 - 21:30

À TABLE

Experience exceptional menus in our historic house, inviting you to leave the everyday behind.

EVERY 3 MONTHS

MOONTALKS

Art, culture, design, creativity—that's what the bi-monthly Moontalks are all about, curated by franzLAB.

EVERY 2 MONTHS

LUNA CONCERTS

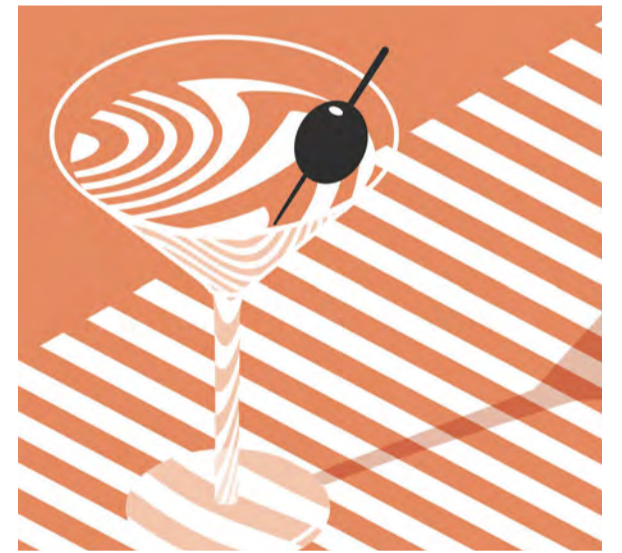
Young, talented musicians from South Tyrol and beyond join us to enjoy fresh tunes and drinks, curated by Raphael Gamper.

DATES TO BE ANNOUNCED

Regular events take place in the wonderful atmosphere of the park. The outdoor bar with a kiosk serves refreshing drinks.



ALL
PARKHOTEL
MONDSCHLEIN
EVENT
UPDATES



1477 REICHHALTER

A sneak peek into our culinary journeys exploring diverse cuisines with guest chefs.

04/02
Niko from Restaurant Sepia
as Guest Chef

27/02
Daniel from Restaurant Miil
as Guest Chef, 'back together'

14/02
Valentine's Day Menu

REICHHALTER GOES WILD
In the Alpine region, game cuisine is a beloved tradition.

DATES TO BE ANNOUNCED



ALL
1477 REICHHALTER
EVENT
UPDATES

HOTEL SCHWARZSCHMIED

arise

DEC /24

01-05/12
Heart Traces: Yoga-Retreat
with Steven & Martina

12-15/12
Slowing Down Yin Yoga
Retreat with Liz Ehrecker

26/12
'Rauhnacht' Special
with Smudging Seminar

FEB /25

13-15
Yoga Retreat
with Daniela Thoms

21-23
Yoga Retreat
'Little by Little'

27/02-02/03
Grounding – Healing – Growing
with Sinah Diepold

MAR /25

06-09
Yin & Yang Retreat
with Ranja Weis

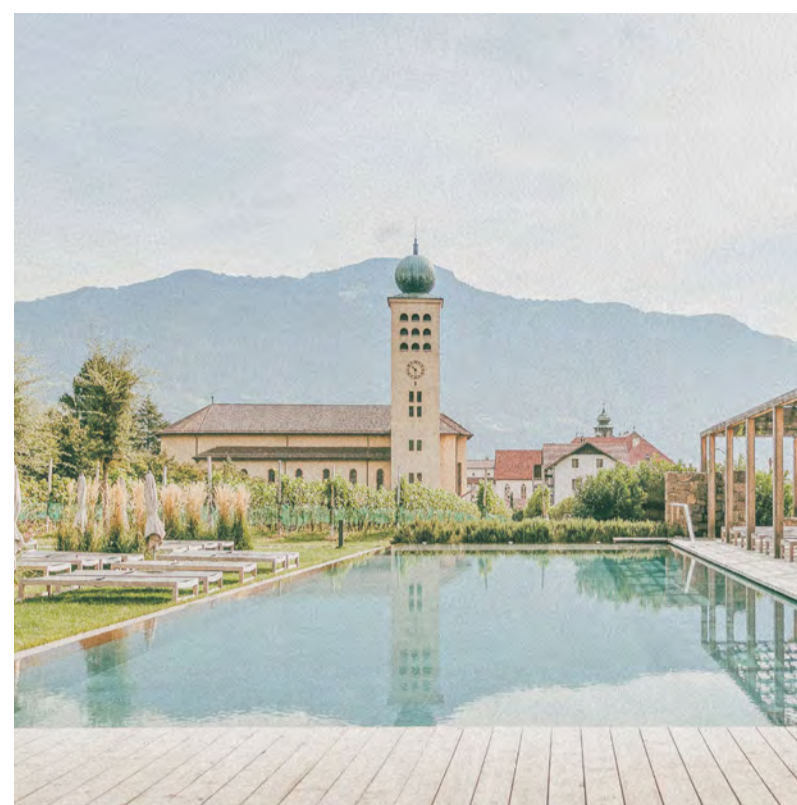
09-13/03
Yoga Retreat
with Nadine Bader

13-16/03
sweet.spot: Yoga Retreat
with Heidi Lustig and
Daniel Huemer

20-23
Reconnect with Yourself
with Veronika Rössl

23-27
(P)REHAB Retreat
with Anja Marinkovic

27-30
Yoga-Mindfulness-Retreat
'Get REAL'
with Cathrin Niehues



APR /25

03-06
Back to Balance Retreat
with Sinah Diepold

06-09
Radiantly Alive Retreat
with Liz Ehrecker

10-13
A Journey to Yourself: Yoga
Retreat with Stine Lethan

13-17
Yoga Retreat
with Isabelle Stüssi

MAY /25

08-11
Inner Freedom Healing & Yoga
Retreat with Sophia Thora

11-15
Experience horizons Yoga
Retreat with Steven Barrett

18-23
Road Cycling Weeks
in Spring

24-27
Yoga Retreat
with Nathalie Gahlert

JUN /25

01-05
Yoga Retreat
with Timo Wahl

05-08
Yoga Retreat
with Daniela Thoms

12-15
Inside Flow Retreat
with Anna Herz

26-29
Yoga Retreat
with Thais de la Paz

SEP /25

07-11
Yoga Retreat
with Boris Plücken

12-18
Awakening to the
Poetic Retreat
with Brooke McNamara

18-21
Late Summer Yoga Retreat –
Harmonize Your Body & Mind

21-24
Treat Yourself - Yoga Retreat
with Bärbel Miessner

25-28
A Journey to Yourself
Yoga Retreat
with Stine Lethan

28/09-03/10
Yoga Retreat
with Nadeen Mirza

OCT /25

05-08
Yoga-Mindfulness-Retreat
'Get REAL'
with Cathrin Niehues

09-11
Yoga Retreat
with Simon Park

12-15
Yoga Retreat
with Thais de la Paz

11-16
Road Cycling Weeks
in Fall

16-19
Come as you are:
Yoga Retreat
with Sinah Diepold

26-29
Yoga Retreat
with Sandra Gerhard

NOV /25

13-16
Inner Freedom
Healing & Yoga Retreat
with Sophia Thora

20-23
A Journey Inside
Yoga Retreat
with Daniela Mühlbauer

27-30
Finding Your Way
Back to Yourself
with Veronika Rössl

DEC /25

13-16
Somatic Yin
Yoga Retreat
with Liz Ehrecker

17-21
Yoga Retreat
with Timo Wahl



ALL
SCHWARZSCHMIED
OFFERS, PACKAGES
AND RETREATS

LOYALTY PAYS OFF



“ We have many guests who have been coming to our hotels for years, if not generations. We are delighted to show our gratitude for this loyalty with ALTO LOVE, giving something back in return. ”

KLAUS DISSERTORI

DE Unsere Stammkunden dürfen sich ab jetzt über Gutscheine, Rabatte und Upgrades freuen. Wir bieten für all jene, die seit vielen Jahren in unsere Häuser kommen, einen neuen Service: wird man Teil des ALTO LOVE Programmes, darf man sich über viele Vorteile freuen. Von Gutscheinen über Rabatte bis hin zu Upgrades, bietet das Programm auch auf persönliche Vorlieben zugeschnittene Angebote. Das macht den nächsten Urlaub mit Sicherheit einzigartig. ALTO LOVE belohnt neben Treue auch umweltschonendes Reisen und leistet so einen wesentlichen Beitrag zum Thema Nachhaltigkeit. Damit noch viele Generationen nach uns die schöne Natur Südtirols genießen können.

IT *I nostri clienti abituali possono ora beneficiare di buoni, sconti e upgrade. Per tutti coloro che da molti anni scelgono le nostre strutture, offriamo un nuovo servizio: diventando parte del programma ALTO LOVE, si potrà godere di numerosi vantaggi. Dai buoni agli sconti fino agli upgrade, il programma include anche offerte personalizzate in base alle preferenze individuali, rendendo sicuramente più unica la prossima vacanza. ALTO LOVE premia non solo la fedeltà, ma anche i viaggi sostenibili, contribuendo così in modo significativo alla sostenibilità, affinché anche le future generazioni possano continuare a godere della meravigliosa natura dell'Alto Adige.*

EN Our loyal guests can now look forward to vouchers, discounts, and upgrades. We are introducing a new service for those who have been visiting us for many years: by joining the ALTO LOVE program, guests can enjoy numerous benefits. From vouchers to discounts and upgrades (where available), the program also offers personalized options tailored to individual preferences. This will undoubtedly make the next vacation even more unique. ALTO LOVE rewards not only loyalty but also eco-friendly travel, making a significant contribution to sustainability. This way, future generations can continue to enjoy the beautiful nature of South Tyrol.

GRUBERN GUT

Grubern 13
39016 Ulten
Südtirol / Alto Adige
Italy

+39 335 757 1631
info@grubergut.com
grubergut.com

DE 5 Apartments, davon 1 Chalet | ehemaliger Bauernhof in abgeschiedener Ruhe | ein Rückzugsort inmitten ursprünglicher Natur

AUSSTATTUNG

Natürliche Kosmetik-Produkte von Susanne Kaufmann™ | Voll ausgestattete Küche in jedem Apartment | Gemeinschaftsraum inkl. Küche | Musikbox | „Speis“ mit Getränken und Lebensmitteln | Internationale Magazine, Bibliothek | WLAN | Parkanlage | arise Yoga- und Meditationsraum | Yoga-Matten Rad-/Skikeller

IT 5 appartamenti, di cui 1 chalet | ex casale in una tranquillità isolata | un rifugio immerso nella natura incontaminata

SERVIZI

Prodotti cosmetici naturali di Susanne Kaufmann™ | Cucina completamente attrezzata in ogni appartamento | Sala comune con cucina | Music box | Dispensa con bevande e alimenti | Riviste internazionali, biblioteca | Wi-Fi | Parco | Sala arise per yoga e meditazione | Tappetini da yoga | Deposito bici/sci

EN 5 apartments, including 1 chalet | a former farmhouse in secluded tranquility | a retreat in the heart of untouched nature

AMENITIES

Natural cosmetic products by Susanne Kaufmann | Fully equipped kitchen in every apartment | Common room with kitchen | Music box | Pantry with beverages and food | International magazines, library | Wi-Fi | Parkland | arise yoga and meditation room | Yoga mats | Bike/Ski storage

GRUBERN GUT

1477 REICHHALTER

Metzgergasse 2 / Vicolo Macello 2
39011 Lana
Südtirol / Alto Adige
Italy

+39 0473 051050
info@1477reichhalter.com
1477reichhalter.com

DE 8 Zimmer | Dachterrasse | denkmalgeschütztes Haus | Gasthaus mitten im Zentrum von Lana

AUSSTATTUNG

Natürliche Kosmetik-Produkte von Susanne Kaufmann™ am Zimmer | Karaffe und Gläser für Wasser am Zimmer | Marshall-Soundgeräte | Internationale Magazine und Bücher | WLAN im gesamten Haus | City Bikes | Kostenloser Tiefgaragenstellplatz und E-Car-Ladestation (kostenpflichtig) im Partnerhotel Schwarzschnied in 2 Minuten fußläufig erreichbar

IT 8 camere | terrazza sul tetto | locanda storica con camere | ristorante nel centro di Lana

SERVIZI

Prodotti cosmetici naturali di Susanne Kaufmann™ in camera | Caraffa e bicchieri per l'acqua in camera | Dispositivi audio Marshall | Riviste e libri internazionali | Wi-Fi in tutta la locanda | Citybike | Parcheggio sotterraneo gratuito e stazione di ricarica per auto elettriche (a pagamento) a soli 2 minuti a piedi presso l'hotel partner Schwarzschnied

EN 8 rooms | rooftop terrace | heritage-protected building | restaurant in the centre of Lana

AMENITIES

Natural cosmetics by Susanne Kaufmann™ in the room | Carafe and glasses for water in the room | Marshall speakers | International magazines and books | WiFi throughout the building | City bikes | Free underground parking space and e-car charging station (for a fee) at the partner hotel Schwarzschnied, just a 2-minute walk away

HOTEL SCHWARZSCHMIED

Schmiedgasse 6 / Vicolo Fucine 6
39011 Lana
Südtirol / Alto Adige
Italy

+39 0473 562 800
info@schwarzschiemied.com
schwarzschiemied.com

DE 68 Zimmer, davon 13 Suiten | zentral gelegenes Hotel eingebettet in die Weingärten von Lana | eigenes Restaurant | Yoga-Studio | Garten mit Pool und Terrasse

AUSSTATTUNG

Natürliche Kosmetik-Produkte von Susanne Kaufmann™ am Zimmer | Karaffe und Gläser für Wasser am Zimmer | Badetasche mit Bademantel im Zimmer | Internationale Magazine und Bücher | WLAN im gesamten Haus und Garten | City Bikes und E-Bikes | Yoga-Studio | Spa & Gym | Kinderprogramm in den Familienwochen (Mitte Juni bis Mitte August) | kostenloser Tiefgaragenstellplatz und E-Car-Ladestation (kostenpflichtig) | Radkeller | Yurte für Kinder

IT 68 camere, di cui 13 suite | hotel in posizione centrale | incastonato nei vigneti di Lana | ristorante | studio di yoga | giardino con piscina e terrazza

SERVIZI

Prodotti cosmetici naturali di Susanne Kaufmann™ in camera | Caraffa e bicchieri per l'acqua in camera | Set da bagno con accappatoio in camera | Biblioteca con riviste e libri internazionali | Wi-Fi in tutto l'albergo e nel giardino | Citybike ed E-bike | Studio di yoga, spa & gym | Programma per bambini nelle settimane per famiglie (da metà giugno a metà agosto) | Parcheggio sotterraneo e stazione di ricarica per auto elettriche (a pagamento) | Deposito biciclette | Yurta per bambini

EN 68 rooms, 13 of which are suites | centrally located hotel | nestled in the vineyards of Lana | own restaurant | yoga studio, garden with pool and terrace

AMENITIES

Natural cosmetic products by Susanne Kaufmann™ in the room | Carafe and glasses for water in the room | Bath bag with bathrobe in the room | International magazines and books | WiFi throughout the building and garden | City bikes and e-bikes | Yoga studio, spa & gym | Children's programme during family weeks (mid-June to mid-August) | Free underground parking and e-car charging station (for a fee) | Bicycle storage room | Yurt for children



PARKHOTEL MONDSCHHEIN

Piavestraße 15 / Via Piave 15
39100 Bozen / Bolzano
Südtirol / Alto Adige
Italy

+39 0471 975642
info@parkhotelmondschein.com
parkhotelmondschein.com

DE 76 Zimmer, davon 13 Suiten | sehr zentral und ruhig gelegenes Hotel | Parkanlage und Pool mit Poolbar | Body & Mind Studio | Luna Bar und Restaurant

AUSSTATTUNG

Natürliche Kosmetik-Produkte von Susanne Kaufmann™ am Zimmer | Karaffe und Gläser für Wasser am Zimmer | Yoga-Matte | Music Box und Smart TV | Minibar | Internationale Magazine und Bücher | WLAN im gesamten Haus und Garten | City Bikes | Sauna und Gym | Umfangreiches Kulturprogramm: Lesungen, Kunstresidenzen, Konzerte | E-Car-Ladestation (kostenpflichtig) | Radkeller

IT 76 camere, di cui 13 suite | hotel in posizione centrale e tranquilla | parco e piscina | body and mind studio | Luna Bar e Ristorante

SERVIZI

Prodotti cosmetici naturali di Susanne Kaufmann™ in camera | Caraffa e bicchieri per l'acqua in camera | Tappetini per yoga | Music box e Smart TV | Minibar Biblioteca con riviste e libri internazionali | Wi-Fi in tutto l'albergo e nel giardino | Sauna e gym | Ampio programma culturale: letture, residenze artistiche, concerti | Ricarica per auto elettriche (a pagamento) | Deposito biciclette

EN 76 rooms, 13 of which are suites | quiet and centrally located hotel | park and pool | body and mind studio | Luna Bar and Restaurant

AMENITIES

Natural cosmetic products by Susanne Kaufmann™ in the room | Carafe and glasses for water in the room | Yoga mat | Speaker & Smart TV | Minibar | International magazines and books | WiFi throughout the building and garden | Citybikes | Sauna & gym | Comprehensive cultural programme: readings, art residencies, concerts | E-car charging station (for a fee) | Bicycle storage room



VILLA ARNICA

Andreas-Hofer-Straße 8 / Via Andreas Hofer 8
39011 Lana
Südtirol / Alto Adige
Italy

+39 0473 051051
info@villaarnica.com
villaarnica.it

DE 10 Zimmer, davon 6 Suiten | denkmalgeschützte Villa mit eigenem Garten | Pool und Poolhaus | Arnica Acker | Yoga-Raum im Glashaus | Adults only

AUSSTATTUNG

Natürliche Kosmetik-Produkte von Susanne Kaufmann™ am Zimmer | Karaffe und Gläser für Wasser am Zimmer | Badetasche mit Bademantel im Zimmer | Internationale Magazine und Bücher | WLAN im gesamten Haus und Garten | City-Bikes-Parkplatz vor der Villa | Kostenloser Tiefgaragenstellplatz und E-Car-Ladestation (kostenpflichtig) im Partnerhotel Schwarzschiemied gleich nebenan | fußläufig erreichbarer Radkeller

IT 10 camere, di cui 6 suite | villa storica con giardino privato | piscina e poolhouse | orti Arnica Acker | spazio yoga nella glasshaus | adults only

SERVIZI

Prodotti cosmetici naturali di Susanne Kaufmann™ in camera | Caraffa e bicchieri per l'acqua in camera | Set da bagno con accappatoio in camera | Riviste e libri internazionali | Wi-Fi in tutta la villa e nel giardino | Parcheggio citybike davanti alla villa | Parcheggio sotterraneo gratuito e stazione di ricarica per auto elettriche (a pagamento) a soli 2 minuti a piedi presso l'hotel partner Schwarzschiemied | Deposito biciclette

EN 10 rooms, 6 of which are suites | heritage-protected villa with private garden | pool and poolhouse | vegetable gardens | yoga room in the glasshouse | adults only

AMENITIES

Natural cosmetic products by Susanne Kaufmann™ in the room | Carafe and glasses for water in the room | Bath bag with bathrobe in the room | International magazines and books | WiFi throughout the building and garden | City bikes | Parking space in front of the villa | Free underground parking space and e-car charging station (for a fee) at the partner hotel Schwarzschiemied right next door | Bicycle storage room



